



C9

**BUILD THE FOUNDATION  
FOR LOOKING AND  
FEELING BETTER.**

©2014



FOREVER®

# YOU DESERVE MAXIMUM RESULTS.

## FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.



### WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.

Record your measurements in this booklet and calculate the difference at the end of the **CLEAN 9** program.



### CHOOSE 3 REALISTIC GOALS YOU WANT TO ACHIEVE IN THE NEXT 9 DAYS.

It could be anything from having more energy to taking the stairs instead of the elevator at work.



### RECORD YOUR DAILY EXERCISE, FOOD INTAKE AND HOW YOU FEEL WHILE ON THE PROGRAM IN THE CLEAN 9 BOOKLET.

Accountability will help prevent you from deviating from the program.



### EXERCISE DAILY.

It's important to not overexert yourself at the beginning of the program. Start with easy, low-impact exercises and gradually increase activity.



**INSTEAD OF WEIGHING YOURSELF DAILY, RECORD YOUR WEIGHT ONLY ON DAYS 1, 3, 6 AND 9.**

As your body responds to the different phases of **CLEAN 9**, your weight may fluctuate.



### DRINK PLENTY OF WATER.

Drinking eight glasses (64 oz.) of water a day can help you feel fuller, flush out toxins and support healthy skin and optimal health.



### PUT DOWN THE SALTSHAKER.

Salt contributes to fluid retention. Flavor foods with herbs and spices instead.



### AVOID SODAS AND CARBONATED BEVERAGES.

Carbonation promotes bloating. Drinking soda also adds unwanted calories and sugar.

# KNOW THAT YOU CAN DO THIS.

# YOUR FREE FOODS.

All of the foods below are low on the **glycemic index (GI)** - a system that measures how much a particular food impacts your blood sugar on a scale of 1 to 100. **Foods under 55 are considered low GI.** Because these foods are low in calories, and have a minimal effect on your blood sugar, these can be enjoyed as a snack throughout the day to help curb cravings.



APPLE  
APRICOT  
BLACKBERRIES  
BLUEBERRIES  
BOYSENBERRIES  
CHERRIES  
FIGS  
GRAPEFRUIT  
RED/PURPLE GRAPES  
KIWI FRUIT  
ORANGE  
PEACH  
PEAR  
PLUM  
PRUNES  
RASPBERRIES  
STRAWBERRIES  
TOMATO



ARTICHOKE  
ARUGULA  
ASPARAGUS  
BELGIAN ENDIVE  
BROCCOLI  
BRUSSELS SPROUTS  
CAULIFLOWER  
CELERY  
CUCUMBER  
EGGPLANT  
GREEN ONION OR SCALLION  
JICAMA  
KALE  
LEEKs  
LETTUCE - ALL VARIETIES  
PEPPER - ALL VARIETIES  
SNOW PEAS OR SUGAR SNAP PEAS  
SOY BEANS  
SPAGHETTI SQUASH  
SPINACH  
STRING BEAN

Vegetables should be eaten raw (with the exception of artichoke and soy beans) or lightly steamed without fats or oils.

Each snack serving should be **about one cup** and no more than three to four times a day.



**THESE FRUITS AND VEGETABLES MAY BE EATEN IN MODERATION ANY TIME DURING THE CLEAN 9 PROGRAM.**

# ARE YOU READY? LET'S PUT DOWN YOUR THREE CLEAN 9 GOALS.

1

2

3

## YOUR DAILY PLANNER.

Research shows that people who record what they eat and how much they exercise, lose more weight. Indeed, those that keep a daily planner are two to three times more likely to stick with the **CLEAN 9** program.



**KEEP TRACK OF HOW YOUR BODY IS IMPROVING BY WEIGHING YOURSELF ON THE DAYS INDICATED.**



**DOCUMENT ANY EXTRA FOOD YOU EAT, THE TYPE OF EXERCISE YOU DO EACH DAY, HOW WELL YOU SLEEP AND HOW YOU FEEL.**



**NOT ONLY WILL THIS GIVE YOU A GREAT OVERVIEW OF YOUR PROGRESS, IT WILL ALSO PROVIDE A GOOD REFERENCE LATER ON AS YOU CONTINUE YOUR HEALTH AND WEIGHT LOSS JOURNEY.**

D1

D2

D3

D4

D5

D6

D7

D8

D9

EXERCISE CHECK LIST



2 MINUTE STRETCH



5 MINUTE WARM-UP



30 MINUTE EXERCISE

8 GLASSES OF WATER



EXERCISE ACTIVITY

NOTES

(Intensity Level, Weight, Reps, etc.)

DURATION

## + CLEAN 9 PROGRAM DAY 2

### + BREAKFAST



2X Forever Garcinia Plus® Softgels



4 oz. Forever Aloe Vera Gel®



1X Forever Therm™ Tablet

### + SNACK



1X Packet Forever Fiber™

### + LUNCH



2X Forever Garcinia Plus® Softgels



4 oz. Forever Aloe Vera Gel®



1X Scoop Forever Lite Ultra®



1X Forever Therm™ Tablet

### + DINNER



2X Forever Garcinia Plus® Softgels



4 oz. Forever Aloe Vera Gel®

### + EVENING



4 oz. Forever Aloe Vera Gel®

## + FOOD

---



---



---



---



---

**FANTASTIC JOB!  
YOU HAVE ALREADY  
COMPLETED 2 DAYS  
OF THE CLEAN 9  
PROGRAM.  
KEEP GOING.  
YOU CAN DO THIS!**

**DON'T FORGET, THE PROGRAM CHANGES AFTER  
DAY 2, CHECK OUT THE CHECKLIST FOR DAYS 3-9.**

# C9

