















FOREVER®

F15TM
















YOUR
DAILY
PLAN

F15™ DAY 1

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8	 1	 2	 3	 4	 5	 6	 7	 8

+ Notes

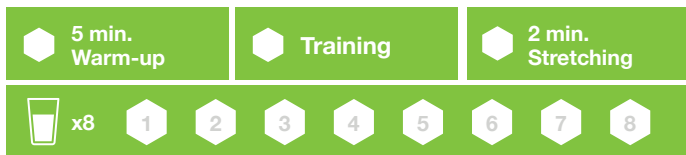
Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120 ml Forever Aloe Vera Gel™  1x Forever Ultra™ Shake Mix  1x Forever Therm™  480 ml Wasser · eau · acqua 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  240 ml Wasser · eau · acqua  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape® + 240 ml Wasser · eau · acqua  450 kcal Dinner (♀)  550 kcal Dinner (♂) 	<ul style="list-style-type: none">  240 ml Wasser · eau · acqua 	

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*Ausführliche Informationen rund um das Clean9-Programm erhältst du in unserer F.I.T.-Broschüre oder unter www.tuedirwasgutes.com.

F15™ DAY 2

+ F15™ Program*



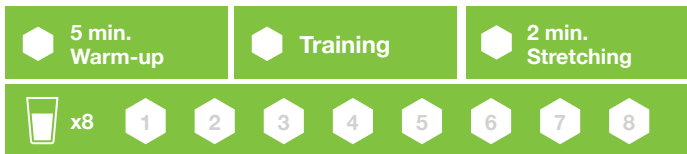
+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120 ml Forever Aloe Vera Gel™  1x Forever Ultra™ Shake Mix  1x Forever Therm™  480 ml Wasser · eau · acqua 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  240 ml Wasser · eau · acqua  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape® + 240 ml Wasser · eau · acqua  450 kcal Dinner (♀)  550 kcal Dinner (♂) 	<ul style="list-style-type: none">  240 ml Wasser · eau · acqua 	
















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F15™ DAY 3

+ F15™ Program*



+ Notes













Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120 ml Forever Aloe Vera Gel™  1x Forever Ultra™ Shake Mix  1x Forever Therm™  480 ml Wasser · eau · acqua 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  240 ml Wasser · eau · acqua  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape® + 240 ml Wasser · eau · acqua  450 kcal Dinner (♀)  550 kcal Dinner (♂) 	<ul style="list-style-type: none">  240 ml Wasser · eau · acqua 	

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*Per informazioni dettagliate sul programma Clean9 consulta l'opuscolo F.I.T. e la nostra pagina www.farsidelbene.com

F15™ DAY 4

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8								













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120 ml Forever Aloe Vera Gel™ 1x Forever Ultra™ Shake Mix 1x Forever Therm™ 480 ml Wasser · eau · acqua	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 240 ml Wasser · eau · acqua 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® + 240 ml Wasser · eau · acqua 450 kcal Dinner (♀) 550 kcal Dinner (♂)	<ul style="list-style-type: none"> 240 ml Wasser · eau · acqua	
















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F15™ DAY 5

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8								













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120 ml Forever Aloe Vera Gel™ 1x Forever Ultra™ Shake Mix 1x Forever Therm™ 480 ml Wasser · eau · acqua	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 240 ml Wasser · eau · acqua 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® + 240 ml Wasser · eau · acqua 450 kcal Dinner (♀) 550 kcal Dinner (♂)	<ul style="list-style-type: none"> 240 ml Wasser · eau · acqua	
















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F15™ DAY 6

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8								













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120 ml Forever Aloe Vera Gel™ 1x Forever Ultra™ Shake Mix 1x Forever Therm™ 480 ml Wasser · eau · acqua	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 240 ml Wasser · eau · acqua 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® + 240 ml Wasser · eau · acqua 450 kcal Dinner (♀) 550 kcal Dinner (♂)	<ul style="list-style-type: none"> 240 ml Wasser · eau · acqua	
















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F15™ DAY 7

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8								













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120 ml Forever Aloe Vera Gel™ 1x Forever Ultra™ Shake Mix 1x Forever Therm™ 480 ml Wasser · eau · acqua	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 240 ml Wasser · eau · acqua 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® + 240 ml Wasser · eau · acqua 450 kcal Dinner (♀) 550 kcal Dinner (♂)	<ul style="list-style-type: none"> 240 ml Wasser · eau · acqua	
















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F15™ DAY 8

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8	 1	 2	 3	 4	 5	 6	 7	 8













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120 ml Forever Aloe Vera Gel™ 1x Forever Ultra™ Shake Mix 1x Forever Therm™ 480 ml Wasser · eau · acqua	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 240 ml Wasser · eau · acqua 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® + 240 ml Wasser · eau · acqua 450 kcal Dinner (♀) 550 kcal Dinner (♂)	<ul style="list-style-type: none"> 240 ml Wasser · eau · acqua	
















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F15™ DAY 9

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8	 1	 2	 3	 4	 5	 6	 7	 8













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120 ml Forever Aloe Vera Gel™  1x Forever Ultra™ Shake Mix  1x Forever Therm™  480 ml Wasser · eau · acqua 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  240 ml Wasser · eau · acqua  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape® + 240 ml Wasser · eau · acqua  450 kcal Dinner (♀)  550 kcal Dinner (♂) 	<ul style="list-style-type: none">  240 ml Wasser · eau · acqua 	
















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F15™ DAY 10

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8								













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120 ml Forever Aloe Vera Gel™ 1x Forever Ultra™ Shake Mix 1x Forever Therm™ 480 ml Wasser · eau · acqua	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 240 ml Wasser · eau · acqua 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® + 240 ml Wasser · eau · acqua 450 kcal Dinner (♀) 550 kcal Dinner (♂)	<ul style="list-style-type: none"> 240 ml Wasser · eau · acqua	
















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F15™ DAY 11

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8	 1	 2	 3	 4	 5	 6	 7	 8













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120 ml Forever Aloe Vera Gel™  1x Forever Ultra™ Shake Mix  1x Forever Therm™  480 ml Wasser · eau · acqua 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  240 ml Wasser · eau · acqua  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape® + 240 ml Wasser · eau · acqua  450 kcal Dinner (♀)  550 kcal Dinner (♂) 	<ul style="list-style-type: none">  240 ml Wasser · eau · acqua 	
















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F15™ DAY 12

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8	 1	 2	 3	 4	 5	 6	 7	 8













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120 ml Forever Aloe Vera Gel™  1x Forever Ultra™ Shake Mix  1x Forever Therm™  480 ml Wasser · eau · acqua 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  240 ml Wasser · eau · acqua  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape® + 240 ml Wasser · eau · acqua  450 kcal Dinner (♀)  550 kcal Dinner (♂) 	<ul style="list-style-type: none">  240 ml Wasser · eau · acqua 	
















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F15™ DAY 13

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8	 1	 2	 3	 4	 5	 6	 7	 8













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none">  120 ml Forever Aloe Vera Gel™  1x Forever Ultra™ Shake Mix  1x Forever Therm™  480 ml Wasser · eau · acqua 	<ul style="list-style-type: none">  1x Forever Fiber™  200 kcal Snack (♀)  300 kcal Snack (♂) 	<ul style="list-style-type: none">  1x Forever Therm™  240 ml Wasser · eau · acqua  450 kcal Lunch (♀)  550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none">  1x Forever Shape® + 240 ml Wasser · eau · acqua  450 kcal Dinner (♀)  550 kcal Dinner (♂) 	<ul style="list-style-type: none">  240 ml Wasser · eau · acqua 	
















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F15™ DAY 14

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8	 1	 2	 3	 4	 5	 6	 7	 8













+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120 ml Forever Aloe Vera Gel™ 1x Forever Ultra™ Shake Mix 1x Forever Therm™ 480 ml Wasser · eau · acqua	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 240 ml Wasser · eau · acqua 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® + 240 ml Wasser · eau · acqua 450 kcal Dinner (♀) 550 kcal Dinner (♂)	<ul style="list-style-type: none"> 240 ml Wasser · eau · acqua	
















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F15™ DAY 15

+ F15™ Program*

 5 min. Warm-up	 Training	 2 min. Stretching						
 x8								

+ Notes

Breakfast	Snack	Lunch
<ul style="list-style-type: none"> 120 ml Forever Aloe Vera Gel™ 1x Forever Ultra™ Shake Mix 1x Forever Therm™ 480 ml Wasser · eau · acqua	<ul style="list-style-type: none"> 1x Forever Fiber™ 200 kcal Snack (♀) 300 kcal Snack (♂)	<ul style="list-style-type: none"> 1x Forever Therm™ 240 ml Wasser · eau · acqua 450 kcal Lunch (♀) 550 kcal Lunch (♂)
Dinner	Bed Time	
<ul style="list-style-type: none"> 1x Forever Shape® + 240 ml Wasser · eau · acqua 450 kcal Dinner (♀) 550 kcal Dinner (♂)	<ul style="list-style-type: none"> 240 ml Wasser · eau · acqua	

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