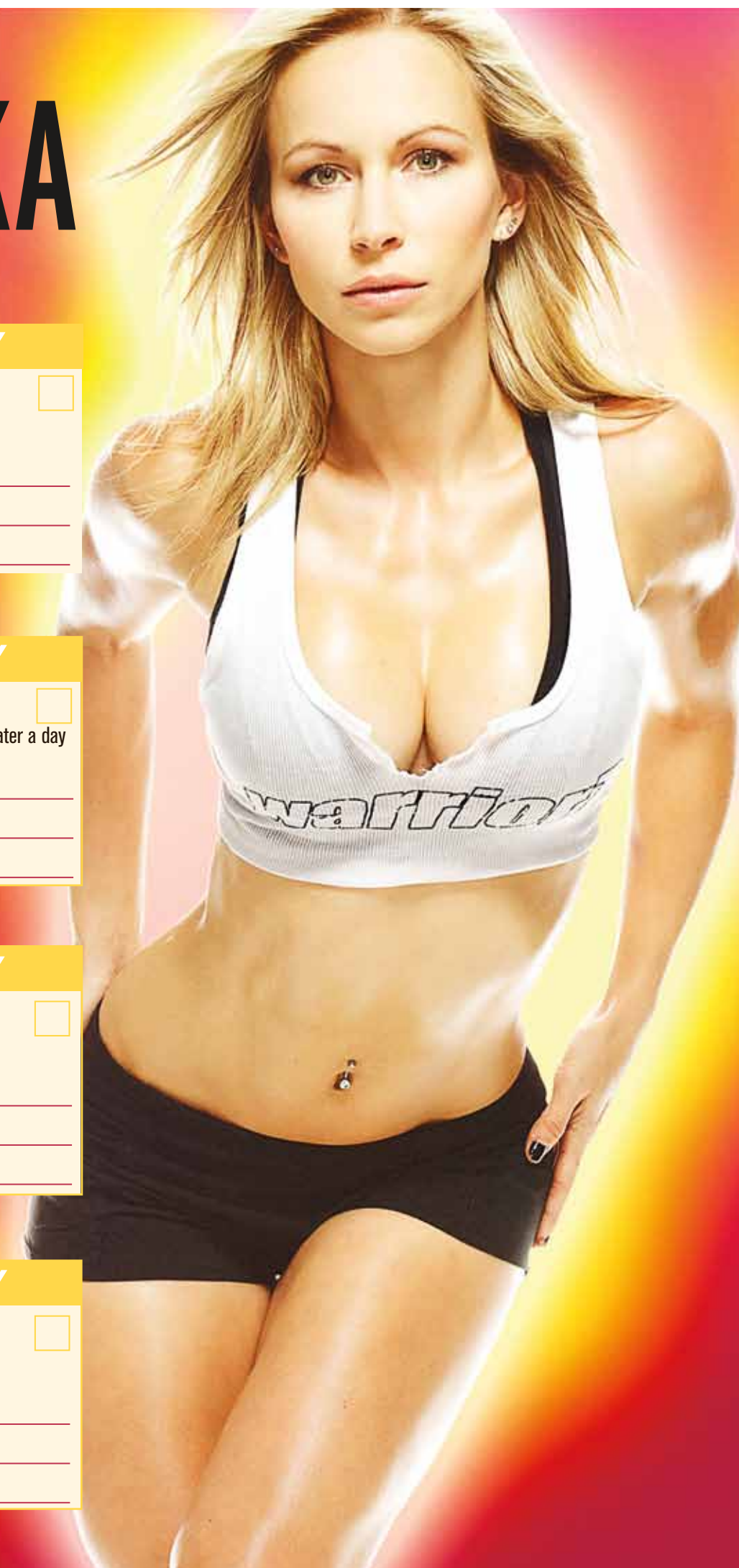


ZCUT Power Cardio Series

Month 1 Download your calendar for Month 2 & 3 at www.zuzkalight.com

ZUZKA



WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#1 <input type="checkbox"/>	Wo#2 <input type="checkbox"/>	Skinny Tip #1 - <input type="checkbox"/> Eat veggies/fruit with each meal	Wo#3 <input type="checkbox"/>	Wo#4 <input type="checkbox"/>	Skinny Tip #2 <input type="checkbox"/> Eat lean protein with each meal	Wo#5 <input type="checkbox"/>
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#6 <input type="checkbox"/>	Wo#7 <input type="checkbox"/>	Skinny Tip #3 - <input type="checkbox"/> Eat healthy fats (avocado, nuts & seeds, olive oil,...)	Wo#8 <input type="checkbox"/>	Wo#9 <input type="checkbox"/>	Wo#10 <input type="checkbox"/>	Skinny Tip #4 <input type="checkbox"/> Drink at least 3 liters of water a day
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#11 <input type="checkbox"/>	Wo#12 <input type="checkbox"/>	Wo#1 <input type="checkbox"/>	Skinny Tip #5 - <input type="checkbox"/> Keep your portion sizes small	Wo#2 <input type="checkbox"/>	Wo#3 <input type="checkbox"/>	Wo#4 <input type="checkbox"/>
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Skinny Tip #6 - <input type="checkbox"/> Don't skip your breakfast	Wo#5 <input type="checkbox"/>	Wo#6 <input type="checkbox"/>	Wo#7 <input type="checkbox"/>	Skinny Tip #7 - <input type="checkbox"/> Eat your last meal at least 2 hours before bedtime	Wo#8 <input type="checkbox"/>	Wo#9 <input type="checkbox"/>
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

BEFORE
PHOTO

AFTER
PHOTO

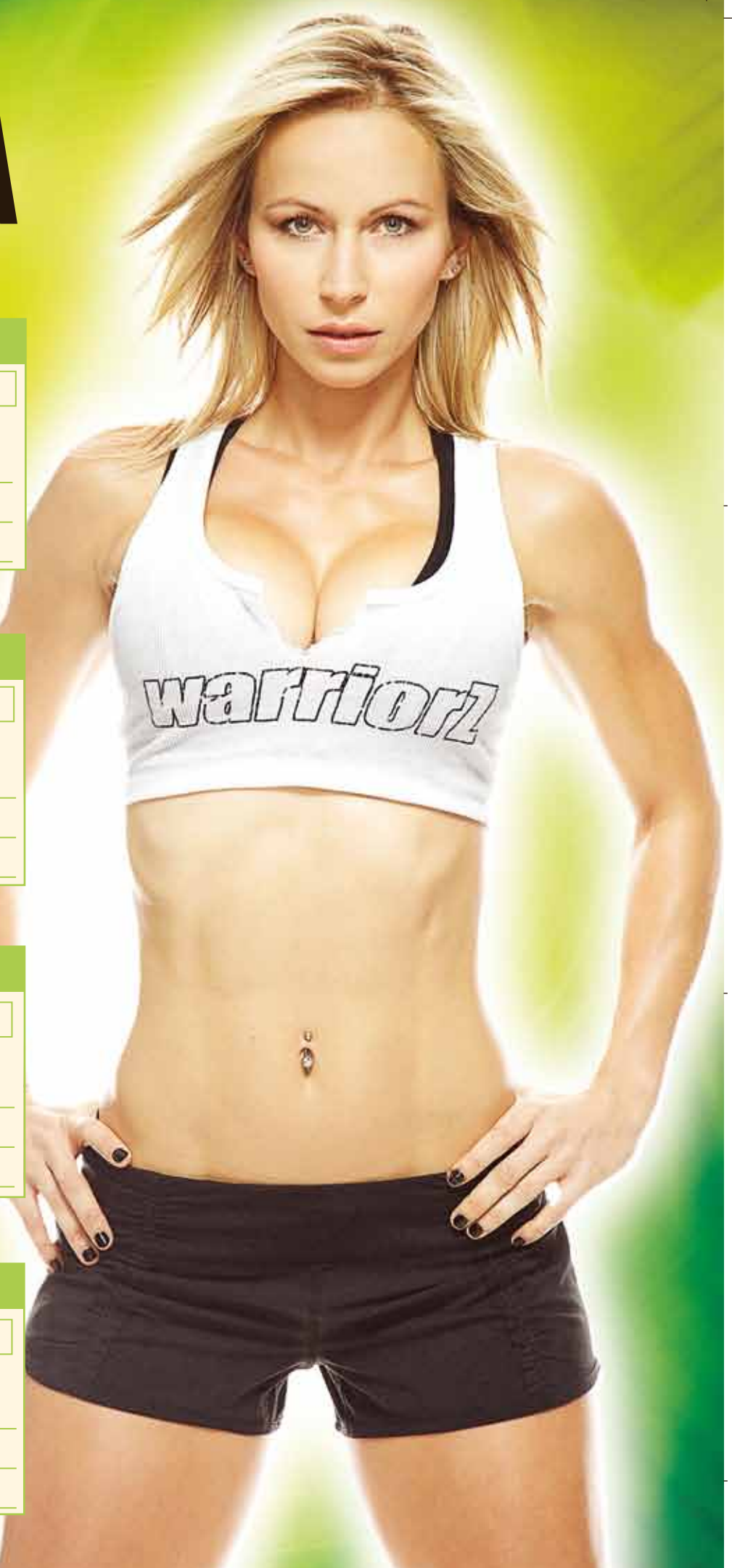
STATS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT	_____	_____	_____	_____
WAIST	_____	_____	_____	_____
ARM	_____	_____	_____	_____
LEG	_____	_____	_____	_____

ZCUT Power Cardio Series

Month 2 Download your calendar for Month 3 at www.zuzkalight.com

ZUZKA



WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#10 <input type="checkbox"/>	Skinny Tip #1 - <input type="checkbox"/> Support your training with a healthy diet	Wo#11 <input type="checkbox"/>	Wo#12 Morning <input type="checkbox"/> Wo#1 Afternoon	Skinny Tip #2 - <input type="checkbox"/> Your bodyweight in lbs x 12 = your daily calorie intake	Wo#2 <input type="checkbox"/>	Wo#3 <input type="checkbox"/>
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#4 <input type="checkbox"/>	Wo#5 Morning <input type="checkbox"/> Wo#6 Afternoon	Skinny Tip #3 - <input type="checkbox"/> Replace pasta and potatoes with steamed veggies	Wo#7 <input type="checkbox"/>	Wo#8 <input type="checkbox"/>	Wo#9 <input type="checkbox"/>	Skinny Tip #4 - <input type="checkbox"/> Avoid diet sodas and alcohol
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#10 <input type="checkbox"/>	Wo#12 <input type="checkbox"/>	Wo#1 <input type="checkbox"/>	Skinny Tip #5 - <input type="checkbox"/> Stick with whole grains	Wo#2 Morning <input type="checkbox"/> Wo#3 Afternoon	Wo#4 <input type="checkbox"/>	Skinny Tip #6 - <input type="checkbox"/> Replace ketchup with fresh home made salsa
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#5 <input type="checkbox"/>	Wo#6 <input type="checkbox"/>	Wo#7 Morning <input type="checkbox"/> Wo#8 Afternoon	Skinny Tip #7 - <input type="checkbox"/> Make yourself a smoothie out of fresh veggies and fruit	Wo#9 <input type="checkbox"/>	Wo#10 <input type="checkbox"/>	Wo#11 <input type="checkbox"/>
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

BEFORE PHOTO

AFTER PHOTO

STATS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT _____	_____	_____	_____	_____
WAIST _____	_____	_____	_____	_____
ARM _____	_____	_____	_____	_____
LEG _____	_____	_____	_____	_____

ZCUT Power Cardio Series

Month 3

ZUZKA



WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#3 Morning <input type="checkbox"/> Wo#4 Afternoon Notes _____ _____	ABS - <input type="checkbox"/> Strive for progress not perfection Notes _____ _____	Wo#12 <input type="checkbox"/> Notes _____ _____	Wo#6 <input type="checkbox"/> Notes _____ _____	Wo#5 <input type="checkbox"/> Wo#7 Notes _____ _____	ABS - You may not be there yet, but you are closer than you were yesterday <input type="checkbox"/> Notes _____ _____	Wo#1 <input type="checkbox"/> Notes _____ _____

WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#2 <input type="checkbox"/> Notes _____ _____	Wo#8 Morning <input type="checkbox"/> Wo#9 Afternoon Notes _____ _____	ABS - Don't give up what you want most for what you want now <input type="checkbox"/> Notes _____ _____	Wo#10 <input type="checkbox"/> Notes _____ _____	Wo#11 <input type="checkbox"/> Notes _____ _____	Wo#3 Morning <input type="checkbox"/> Wo#12 Afternoon Notes _____ _____	ABS -When you feel like quitting think why you started <input type="checkbox"/> Notes _____ _____

WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#6 <input type="checkbox"/> Notes _____ _____	Wo#4 <input type="checkbox"/> Notes _____ _____	Wo#1 Morning <input type="checkbox"/> Wo#5 Afternoon Notes _____ _____	ABS - Be stronger than your excuses <input type="checkbox"/> Notes _____ _____	Wo#7 <input type="checkbox"/> Notes _____ _____	Wo#8 <input type="checkbox"/> Notes _____ _____	Wo#9 Morning <input type="checkbox"/> Wo#11 Afternoon Notes _____ _____

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABS - Good things come to those who work their asses off <input type="checkbox"/> Notes _____ _____	Wo#12 <input type="checkbox"/> Notes _____ _____	Wo#3 <input type="checkbox"/> Notes _____ _____	Wo#2 Morning <input type="checkbox"/> Wo#4 Afternoon Notes _____ _____	ABS - If you keep going you won't regret it <input type="checkbox"/> Notes _____ _____	Wo#5 Morning <input type="checkbox"/> Wo#6 Afternoon Notes _____ _____	ABS - You can throw in the towel or you can use it to wipe the sweat off your face <input type="checkbox"/> Notes _____ _____

BEFORE PHOTO

AFTER PHOTO

STATS	WEEK 1	WEEK 2	WEEK 3	WEEK 4
WEIGHT	_____	_____	_____	_____
WAIST	_____	_____	_____	_____
ARM	_____	_____	_____	_____
LEG	_____	_____	_____	_____