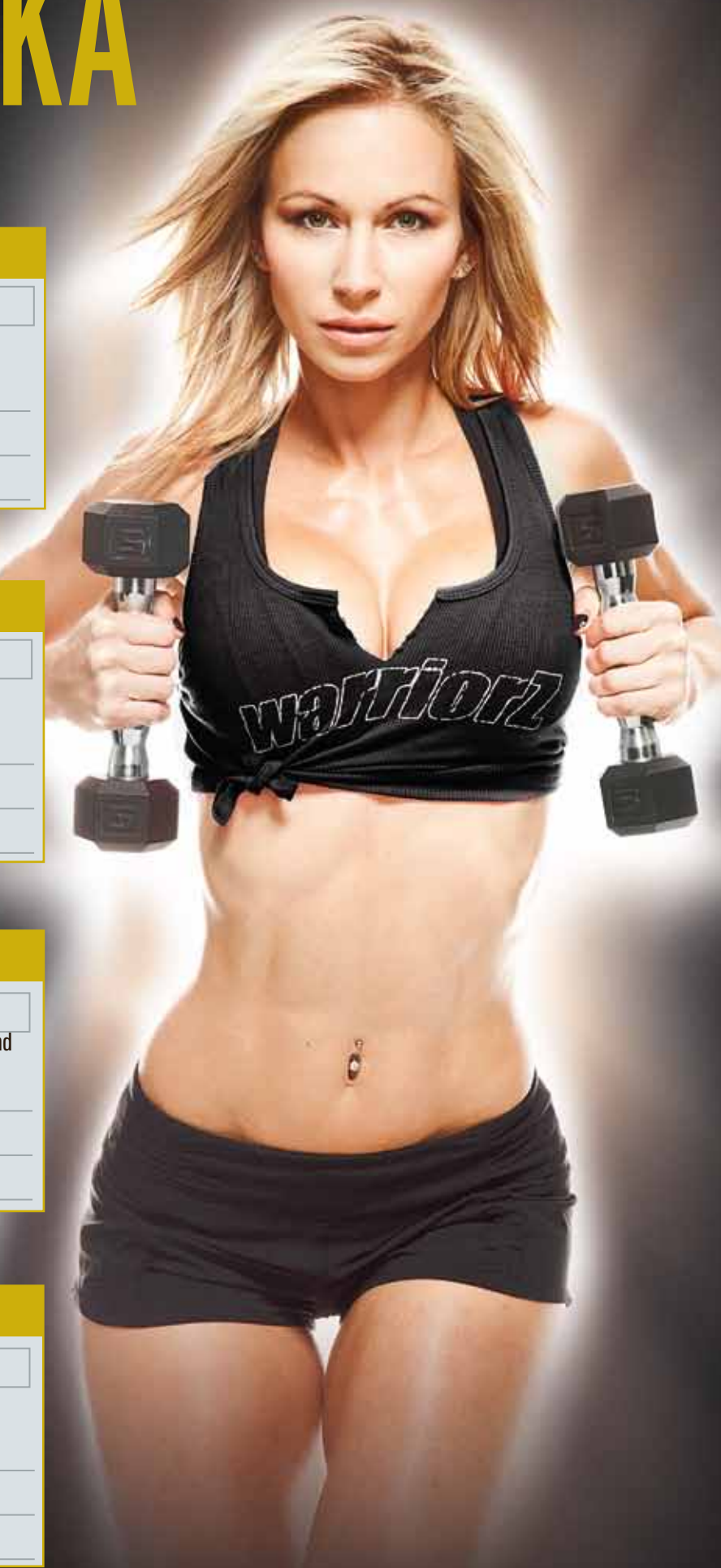


Power Strength Series ZCUT

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"/>	Wo#3 <input type="checkbox"/>	Tip #1 - Always push yourself to do your best <input type="checkbox"/>	Wo#4 <input type="checkbox"/>	Wo#5 <input type="checkbox"/>	Winners never quit and quitters never win <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"/>	Wo#8 <input type="checkbox"/>	Tip #2 - Keep your portion sizes small <input type="checkbox"/>	Wo#9 <input type="checkbox"/>	Wo#10 <input type="checkbox"/>	Progress starts beyond the edge of your comfort zone <input type="checkbox"/>
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"/>	Tip #3 - Eat protein with each of your meals <input type="checkbox"/>	Wo#2 <input type="checkbox"/>	Wo#3 <input type="checkbox"/>	The only limitation you have, is the one created by your own mind <input type="checkbox"/>
Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____	Notes _____

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM Wo#4 <input type="checkbox"/> PM BONUS Workout	Wo#5 <input type="checkbox"/>	Wo#6 <input type="checkbox"/>	Tip #4 - Earn your carbs (other than veggies & fruit) with a workout <input type="checkbox"/>	Wo#7 <input type="checkbox"/>	Wo#8 <input type="checkbox"/>	Actions speak louder than words, make your actions speak about your goals <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	_____	_____	_____	_____

Power Strength Series ZCUT

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

ZUZKA



WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#12 <input type="checkbox"/>	Wo#3 <input type="checkbox"/>	Wo#4 <input type="checkbox"/>	Skinny Tip #1 - <input type="checkbox"/> Close your eyes and imagine yourself a few months from now	Wo#1 Morning <input type="checkbox"/> Wo#2 Afternoon	Wo#8 <input type="checkbox"/>	Skinny Tip #2 <input type="checkbox"/> Change all of your shoulds into musts. "I should workout" won't get you off your butt
Notes _____	Notes _____	Notes _____		Notes _____	Notes _____	

WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#11 <input type="checkbox"/>	Wo#4 <input type="checkbox"/>	Wo#5 <input type="checkbox"/>	Skinny Tip #3 - <input type="checkbox"/> You have to WANT to get into shape more than you want to be lazy and eat donuts	Wo#6 Morning <input type="checkbox"/> Wo#7 Afternoon	Wo#1 <input type="checkbox"/>	Skinny Tip #4 - <input type="checkbox"/> Put the fork down and pick up the dumbbell
Notes _____	Notes _____	Notes _____		Notes _____	Notes _____	

WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BONUS <input type="checkbox"/>	Wo#2 <input type="checkbox"/>	Wo#3 <input type="checkbox"/>	Skinny Tip #5 - <input type="checkbox"/> Warriorz never quit!	Wo#4 Morning <input type="checkbox"/> Wo#5 Afternoon	Wo#6 <input type="checkbox"/>	Skinny Tip #6 - <input type="checkbox"/> Big change does not happen over night. You have to work for it
Notes _____	Notes _____	Notes _____		Notes _____	Notes _____	

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#7 <input type="checkbox"/>	Wo#8 <input type="checkbox"/>	Wo#9 <input type="checkbox"/>	Skinny Tip #7 - <input type="checkbox"/> Motivate yourself, inspire others	Wo#10 Morning <input type="checkbox"/> Wo#11 Afternoon	Wo#12 <input type="checkbox"/>	Skinny Tip #8 - <input type="checkbox"/> 1 bad meal won't make you fat, just like 1 healthy meal won't get you in shape
Notes _____	Notes _____	Notes _____		Notes _____	Notes _____	

BEFORE PHOTO

AFTER PHOTO

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

Power Strength Series ZCUT

Month 3

ZUZKA

WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#1 <input type="checkbox"/>	Wo#2 <input type="checkbox"/>	Wo#3 Morning <input type="checkbox"/> Wo#4 Afternoon	Skinny Tip #1 <input type="checkbox"/> Drink at least 8 glasses of water each day	Wo#5 Morning <input type="checkbox"/> Wo#6 Afternoon	Wo#7 <input type="checkbox"/>	Skinny Tip #2 <input type="checkbox"/> Be the best version of YOU
Notes _____	Notes _____	Notes _____		Notes _____	Notes _____	

WEEK 2

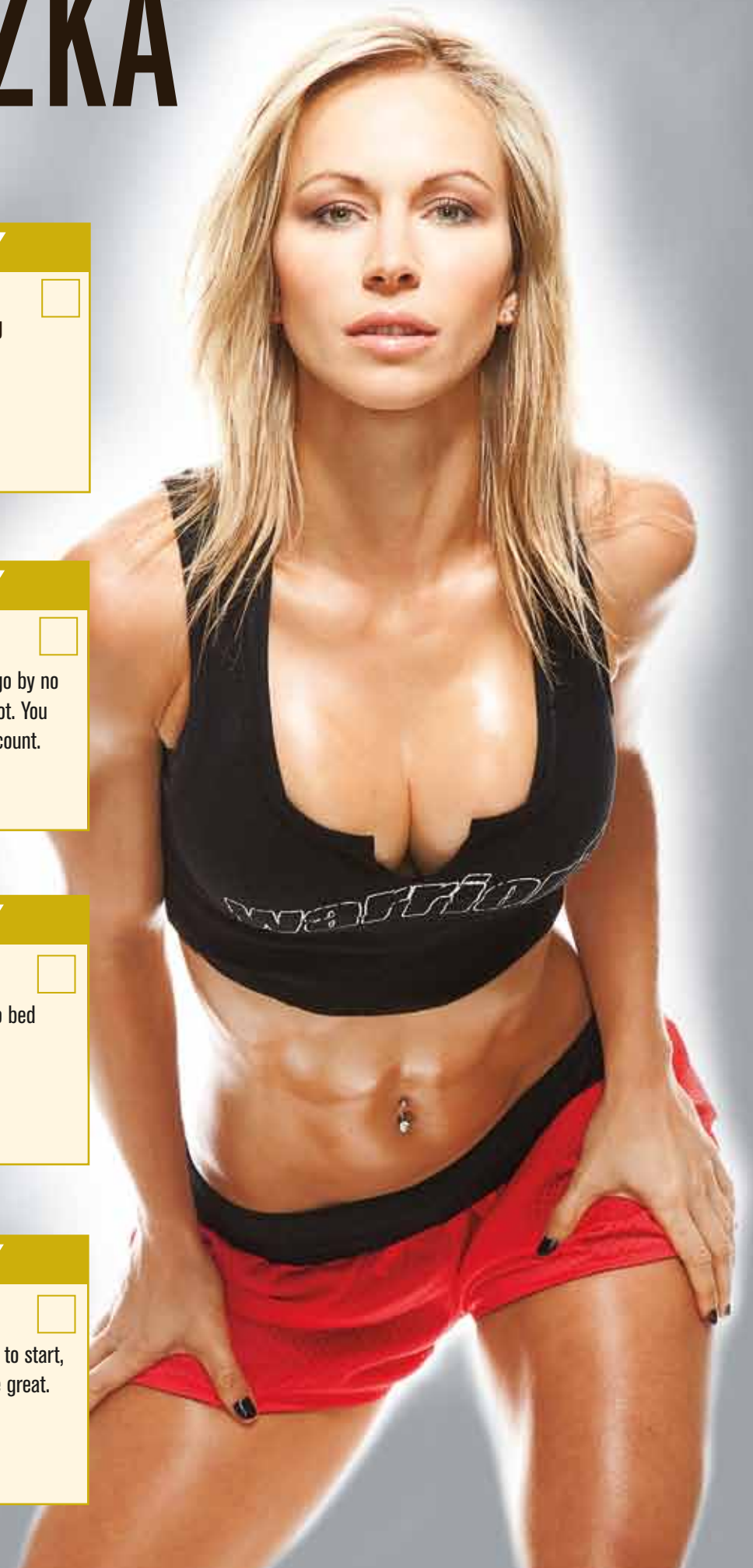
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#8 <input type="checkbox"/>	Wo#9 <input type="checkbox"/>	Wo#10 Morning <input type="checkbox"/> Wo#11 Afternoon	Skinny Tip #3 <input type="checkbox"/> "The pride that comes with hard work, is more rewarding than achievement with no effort behind it." ~ Me :)	Wo#12 Morning <input type="checkbox"/> Wo BONUS Afternoon	Wo#1 <input type="checkbox"/>	Skinny Tip #4 - <input type="checkbox"/> The next few months will go by no matter if you workout or not. You might as well make them count.
Notes _____	Notes _____	Notes _____		Notes _____	Notes _____	

WEEK 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#4 <input type="checkbox"/>	Wo#6 <input type="checkbox"/>	Wo#2 Morning <input type="checkbox"/> Wo#7 Afternoon	Skinny Tip #5 - <input type="checkbox"/> One day has 1440 minutes. All you need to make a change is to use 30 minutes of each day to workout. That's not much is it?	Wo#8 Morning <input type="checkbox"/> Wo#1 Afternoon	Wo#9 <input type="checkbox"/>	Skinny Tip #6 <input type="checkbox"/> Wake up with a goal, go to bed with accomplishment.
Notes _____	Notes _____	Notes _____		Notes _____	Notes _____	

WEEK 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo BONUS <input type="checkbox"/>	Wo#11 <input type="checkbox"/>	Wo#1 Morning <input type="checkbox"/> Wo#3 Afternoon	Skinny Tip #7 <input type="checkbox"/> Complaining about your physique and thinking about working out burns between 0 and 0 calories.	Wo#7 Morning <input type="checkbox"/> Wo#12 Afternoon	Wo#1 <input type="checkbox"/>	Skinny Tip #8 <input type="checkbox"/> You don't have to be great to start, but you have to start to be great.
Notes _____	Notes _____	Notes _____		Notes _____	Notes _____	



BEFORE PHOTO

AFTER PHOTO

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