Flat size is 20" x 14" - Folded size is 6.667" x 3.5"

Power Month 1	St Downlo	rengtl oad your calendar	h S for Mo	eries and the state of the stat	zkaligh	CUT nt.com				ZUZK	A	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDA	Y	SATURDAY		
Wo#1		Wo#2		Wo#3		Tip #1 - Always push yourself to do your best	Wo#4	Wo#5		Winners never quit and quitters never win		
Notes		Notes		Notes		Notes	Notes	Notes		Notes		
VEEK 2												
SUNDAY		MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDA	Y	SATURDAY	ALL	
Wo#6		Wo#7		Wo#8		Tip #2 - Keep your portion sizes small	Wo#9	Wo#10		Progress starts beyond the edge of your comfort zone		MANATON =
Notes		Notes		Notes		Notes	Notes	Notes		Notes	H	
VEEK 3												
SUNDAY		MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDA	Y	SATURDAY		
Wo#11		Wo#12		Wo#1		Tip #3 - Eat protein with each of your meals	Wo#2	Wo#3		The only limitation you have, is the one created by your own mind		ě .
Notes		Notes		Notes		Notes	Notes	Notes		Notes		
VEEK 4											1	
SUNDAY		MONDAY		TUESDAY		WEDNESDAY	THURSDAY	FRIDA	Y	SATURDAY		
AM Wo#4 PM BONUS Workou	ut	Wo#5		Wo#6		Tip #4 - Earn your carbs (other than veggies & fruit) with a workout	Wo#7	Wo#8		Actions speak louder than words, make your actions speak about your goals	1000	
Notes		Notes		Notes		Notes	Notes	Notes 		Notes	100	
						STATS						
BEFOR	RE		Α	FTER		WEIGHT	WEEK 1		WEEK 2	WEE	K 3	WEEK 4
PHOT	0		Pł	НОТО		WAIST						
						ARM						
						LEG						

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Power Strength Series ZCUT Month 2 Download your calendar for Month 3 at www.zuzkalight.com

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SUNDAY Web12 Web3 Web44 Solimy Tip 64 Solimy Tip 65 Solimy Tip 6	WEEK 1							
Week 2 Week Wee		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
NOTES		_		Skinny Tip #1 - Close your eyes and imagine yours	Wo#1 Morning		Skinny Tip #2 Change all of your shoulds into musts.	
SUNDAY Wo#4 Wo#5 Skinny Tip #3 - Wo#6 Wo#7 Mount to get into chapse Wo#7 Wo#7 Wo#8 Wo#9 Wo#9 Skinny Tip #7 - Wo#8 Wo#8 Wo#8 Wo#1 Wo#1 Wo#8 Wo#9 Wo#8 Wo#1 Wo#1 Wo#1 Wo#1 Wo#1 Wo#1 Wo#1 Wo#1 Wo#8 Wo#9 Skinny Tip #7 - Wo#1 Wo#1	Notes	Notes	Notes	a few months from now	Notes	Notes		
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY SATURDAY Wo#1	VEEK 2					- 17.74		
Notes		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Notes Notes Notes International Process Notes Notes Notes International Process Notes Notes International Process Notes Notes	Wo#11	Wo#4	Wo#5			Wo#1		
Notes	Notes	Notes	Notes	more than you want to be lazy and		Notes		
Notes								
Notes								10779
Notes							SATURDAY	THE DITTE
Notes	BONUS	Wo#2	Wo#3		┙ ┃	Wo#6	Skinny IIp #6 -	
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Wo#7 Wo#8 Wo#9 Skinny Tip #7 - Wo#10 Morning W0#12 Skinny Tip #8 - 1 bad meal won't make you fat, just like 1 healthy meal won't get you in shape Notes STATS STATS WEEK 1 WEEK 2 WEEK 3 WEEK 4	Notes	Notes	Notes			Notes	night. You have to work for it	
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Wo#7 Wo#8 Wo#9 Skinny Tip #7 - Wo#10 Morning Wo#12 Skinny Tip #8 - I bad mead won't make you fat, just like 1 healthy meal won't get you in shape Notes Notes STATS STATS WEEK 1 WEEK 2 WEEK 3 WEEK 4								
Wo#7	VEEK 4							8
Notes	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Notes Notes Notes Notes Notes Notes You in shape STATS WEEK 1 WEEK 2 WEEK 3 WEEK 4	Wo#7	Wo#8	☐ Wo#9			Wo#12	1 bad meal won't make you fat,	
BEFORE AFTER WEEK 1 WEEK 2 WEEK 3 WEEK 4	Notes	Notes	Notes		Notes	Notes	just like 1 healthy meal won't get you in shape	
BEFORE AFTER WEEK 1 WEEK 2 WEEK 3 WEEK 4								
BEFORE AFTER WEEK 1 WEEK 2 WEEK 3 WEEK 4								
DEFURE AFIER I				STATS				
WEIGHT	BEFORE		AFTER		WEEK 1	WEEK 2	WEEK 3	WEEK 4
PHOTO WAIST				WEIGHT				

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Power Strength Series ZCUT

Power St Month 3 WEEK 1	trength S	eries Z	CUT			ZUZKA
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#1	Wo#2	Wo#3 Morning Wo#4 Afternoon	Skinny Tip #1 Drink at least 8 glasses of water each day	Wo#5 Morning Wo#6 Afternoon	Wo#7	Skinny Tip #2 Be the best version of YOU
Notes	Notes	Notes		Notes	Notes	
WEEK 2						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#8	Wo#9	Wo#10 Morning	Skinny Tip #3	Wo#12 Morning	Wo#1	Skinny Tip #4 -
Notes	Notes	Wo#11 Afternoon Notes	"The pride that comes with hard work, is more rewarding than achievement with no effort behind it." ~ Me :)	Wo BONUS Afternoon Notes	Notes	The next few months will go by no matter if you workout or not. You might as well make them count.
WEEK 3				1		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo#4	Wo#6	Wo#2 Morning Wo#7 Afternoon	Skinny Tip #5 - One day has 1440 minutes. All you	Wo#8 Morning Wo#1 Afternoon	Wo#9	Skinny Tip #6 Wake up with a goal, go to bed
Notes	Notes	Notes	need to make a change is to use 30 minutes of each day to workout. That's not much is it?	Notes	Notes	with accomplishment.
WEEK 4						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wo BONUS	Wo#11	Wo#1 Morning	Skinny Tip #7	Wo#7 Morning	Wo#1	Skinny Tip #8
Notes	Notes	Wo#3 Afternoon Notes	Complaining about your physique and thinking about working out burns between 0 and 0 calories.	Wo#12 Afternoon Notes	Notes	You don't have to be great to start, but you have to start to be great.

BEFORE PHOTO

AFTER PHOTO

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