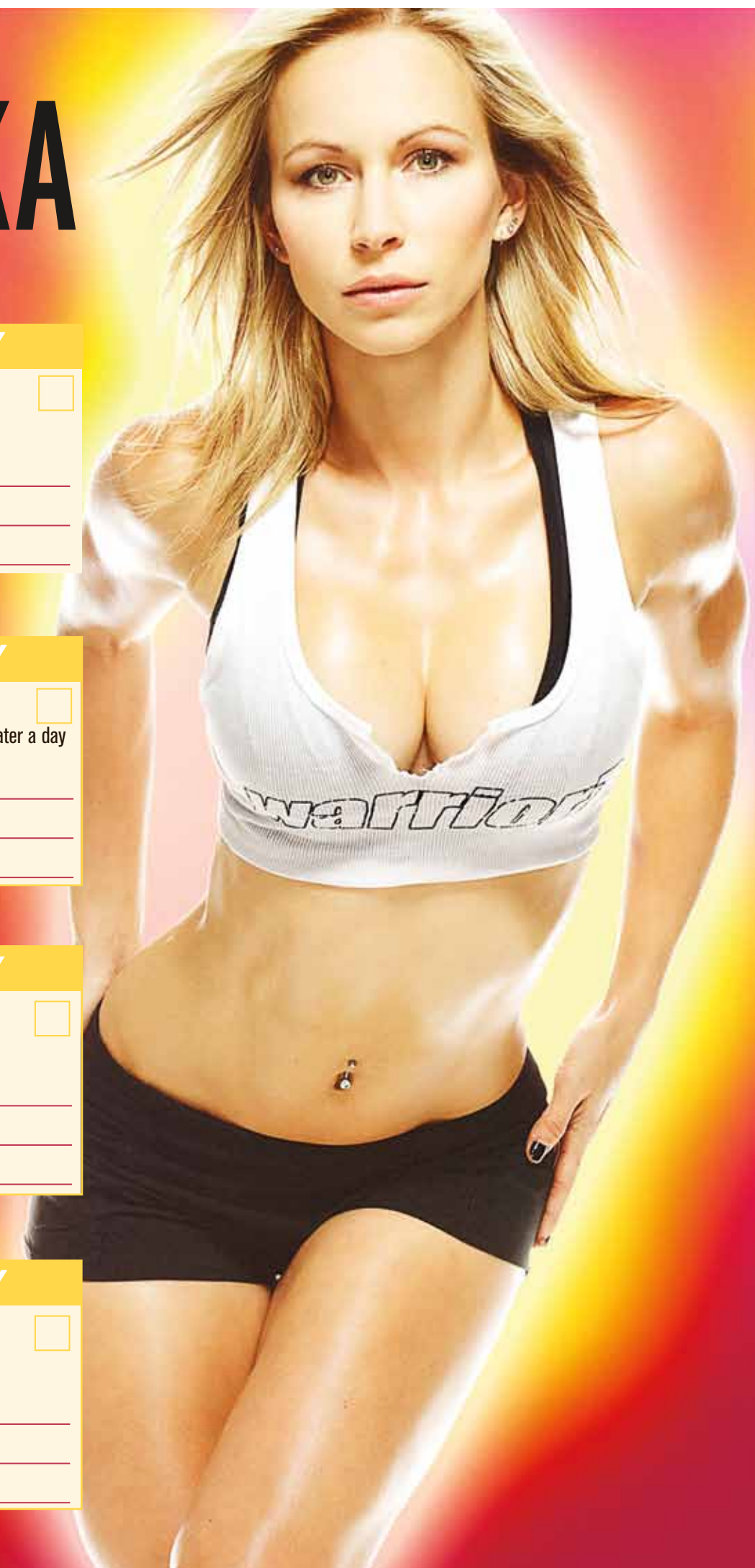


ZCUT Power Cardio Series

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	_____	_____	_____	_____