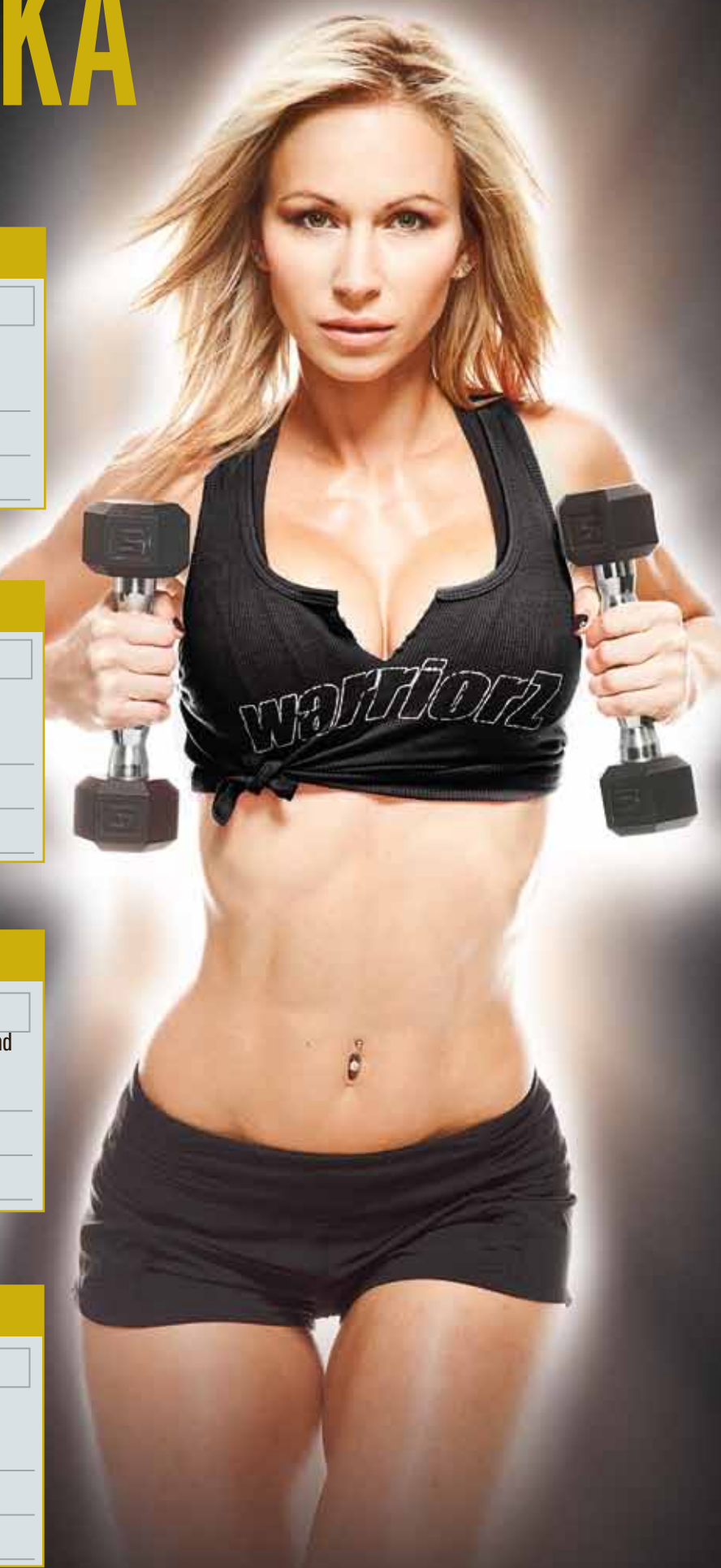


# Power Strength Series ZCUT

## Month 1

Download your calendar for Month 2 & 3 at [www.zuzkalight.com](http://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	_____	_____	_____	_____