

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 _____				