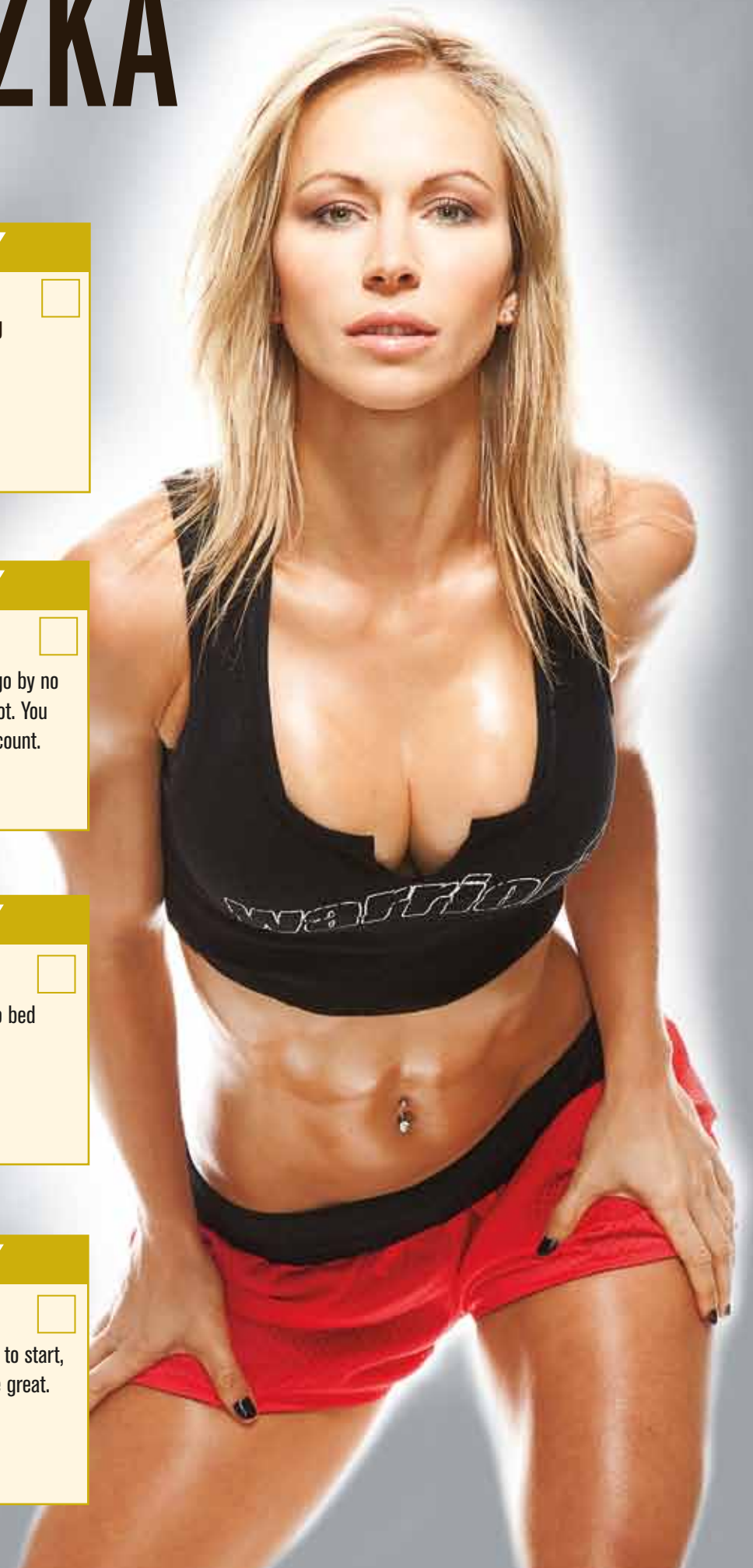


Power Strength Series ZCUT

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 _____				