CIZE CALENDAR BY JEANIEANDJOAN.COM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Crazy 8s						
Calories						
Burned:						
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
You Got This						
п	п	п	п	п		
Calories						
Burned:						
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Fall Oat	Full Out	Fall Oat				
	п	п	п	П		
Calories						
Burned:	Burned:	Burned:	Burned:		Burned:	Burned:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Day 22	Day 23	Day 24	Day 25		Day 27	Day 28
In the Pocket						
Calories						
Burned:						
Day 29	Day 30	Day 31	Day 32	Day 33	Day 34	Day 35
Go For It						
Calories						
Burned:						
Day 36	Day 37	Day 38	Day 39	Day 40	Day 41	Day 42
Livin' in the 8s						
Calories						
Burned:						

You Did it! On to the next Round!