



This calendar incorporates the 2 deluxe courses with the 6 base courses for an additional 4 weeks of weight loss and dancing fun.

DELUXE WEIGHT-LOSS CALENDAR

INSTRUCTIONS: Each day, give yourself 1, 2, or 3 check marks based on how well you perform during the **CIZE™ IT UP** section:

Day 1:
Backup Dancer

Front and Center

Ready for My Music Video

BEFORE YOU START – Don't forget to take your "before" photos and stats! And videotape yourself each time you do a routine for the first time.

WK 1	Monday CRAZY 8s <i>Take your "BEFORE" photos & measurements</i>	Tuesday YOU GOT THIS	Wednesday CRAZY 8s 8 COUNT ABS	Thursday YOU GOT THIS	Friday CRAZY 8s 8 COUNT ABS	Saturday YOU GOT THIS	Sunday REST
	Monday FULL OUT 8 COUNT ABS	Tuesday IN THE POCKET	Wednesday FULL OUT 8 COUNT ABS	Thursday IN THE POCKET	Friday FULL OUT 8 COUNT ABS	Saturday IN THE POCKET	Sunday REST
	Monday GO FOR IT 8 COUNT ABS	Tuesday LIVIN IN THE 8s	Wednesday GO FOR IT 8 COUNT ABS	Thursday LIVIN IN THE 8s	Friday GO FOR IT 8 COUNT ABS	Saturday LIVIN IN THE 8s	Sunday REST
	Monday TURN IT ON 8 COUNT ABS	Tuesday GET INTO IT	Wednesday TURN IT ON 8 COUNT ABS	Thursday GET INTO IT	Friday TURN IT ON 8 COUNT ABS	Saturday GET INTO IT <i>Take your "AFTER" photos & measurements</i>	Sunday REST