

CARD: MONDAY

INT. BEDROOM - MORNING

Ina face down in a pillow.

                  INA  
                  (in pain)  
                  UGH...

INT. GYM - LATER ON

Ina rolls into the gym, baggy clothes.

Struggles to workout.

CUT TO:

CARD: WEDNESDAY

INT. BEDROOM - MORNING

Ina jumps out of bed.

INT. GYM - LATER ON

Working hard at the gym, intense, pumping iron.

CUT TO:

CARD: FRIDAY

INT. BEDROOM - MORNING

Bed but no Ina... already up and at it.

INT. GYM - LATER ON

Photoshoot for fitness, Ina doing poses with weights and other fitness models.

They high five, a great days work!

CUT TO:

CARD: SUNDAY

Additional CARD: CHEAT DAY!!

INT. BEDROOM - MORNING

Ina wakes up, and screams with joy, CHEAT DAY!

INT. KITCHEN - MOMENTS LATER

Ina is eating pizza, burgers, drinking... having a great time on cheat day.

A very happy Ina... but...

CUT TO:

CARD: MONDAY...

INT. BEDROOM - MORNING

Ina, face down in her pillow like before.

                  INA  
                  (in pain)  
          UGHHH...

Why cheat day... why!!!

END