$$\mu_X(n) = E[X(n)] = E[2Z(n) - 1] = 2\underbrace{E[Z(n)]}_{=0,7} - 1 = 0,4$$

$$\sigma_X^2(n) = \mathrm{Var}(2Z(n) - 1) = 4\,\mathrm{Var}(Z(n)) = 4 \times 0,7 \times 0,3 = 0,84$$