



FOCUS

*1,000 Reps—Big Goals
accomplished a little bit each
day*

**EARN A STAR: (Record Reps for the Month below...)*

Mon	Tue	Wed	Thu	Fri	Sat
Mon	Tue	Wed	Thu	Fri	Sat
Mon	Tue	Wed	Thu	Fri	Sat
Mon	Tue	Wed	Thu	Fri	Sat
Mon	Tue	Wed	Thu	Fri	Sat

Name _____ DATE _____

