



SUMMER SHOT TRACKER

GET YOUR 30K. FOR 90 DAYS, WE CHALLENGE YOU TO SHOOT 333 SHOTS A DAY, OR 2,333 SHOTS A WEEK.

FOR THE AVERAGE DR. DISH USER, 30K SHOTS OVER THE SUMMER IS ASSOCIATED WITH AN 11% INCREASE IN MAKE PERCENTAGE.

Start whenever you're ready and keep track for 90 days straight

Record how many shots you take daily

Add up your daily attempts to see how you are tracking on your weekly goal of 2,333 Shots

MONTH 1:	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTALS
WEEK 1:								
WEEK 2:								
WEEK 3:								
WEEK 4:								
WEEK 5:								
TOTAL:								MONTH 1: /10,000 REPS

MONTH 2:	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTALS
WEEK 1:								
WEEK 2:								
WEEK 3:								
WEEK 4:								
WEEK 5:								
TOTAL:								MONTH 2: /10,000 REPS

MONTH 3:	SUN	MON	TUE	WED	THU	FRI	SAT	WEEKLY TOTALS
WEEK 1:								
WEEK 2:								
WEEK 3:								
WEEK 4:								
WEEK 5:								
TOTAL:								MONTH 3: /10,000 REPS

90 DAY TOTAL: _____

Tag @drdishball using the #SummerOfBetter and show us your progress along the way!