

1,000 Reps

Consistency is key in anything you do. Choose an exercise (or 2 or 3!) and track your progress to 1,000 reps. Each box represents 10 reps, check off all 100 boxes and you have 1,000 reps. From June 1 to September 1 track your progress here, then turn this tracker in to Smith Fitness Center front desk for a Blender Bottle shaker cup. To see your strength progress, mark the box off by writing in the amount of weight you used. It's not required to use weights, if you're working on push-ups an "X" or ✓ works just fine!

Exercise: _____

[illegible]

Exercise: _____

[illegible]

Exercise: _____

Exercise: _____

Name: _____

Start Date: _____ End Date: _____

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