

# FREE-THROW TRACKER

"50 SHOTS A DAY WILL KEEP THE MISSES AWAY"

**CHALLENGE:** SHOOT 50 FREE-THROWS PER DAY AND TRACK YOUR RESULTS!



**50**  
OUT OF

WEEK 1

WEEK 2

WEEK 3

WEEK 4

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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