

Write the number of reps you achieved each day on the front of this card and post daily on your social page along with **#BetterEveryDay**.

MONDAY I DID:



February 14
Goal: 20 Reps

TUESDAY I DID:

February 15
Goal: 30 Reps

WEDNESDAY I DID:

February 16
Goal: 50 Reps

FRIDAY I DID:
FINAL DAY!

February 18
Goal: 100 Reps

THURSDAY I DID:

February 17
Goal: 75 Reps



*Better
Every Day*