

Month: _____

Ricky Lundell 1% Better Every Day™

Name: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stretch <input type="checkbox"/> Max _____ PR _____ *6x3 @ _____ BNP _____ Post Workout <input type="checkbox"/>	Stretch <input type="checkbox"/> Max _____ PR _____ *6x3 @ _____ BNP _____ Post Workout <input type="checkbox"/>	Stretch <input type="checkbox"/> Max _____ PR _____ *6x3 @ _____ BNP _____ Post Workout <input type="checkbox"/>	Stretch <input type="checkbox"/> Max _____ PR _____ *6x3 @ _____ BNP _____ Post Workout <input type="checkbox"/>	Stretch <input type="checkbox"/> Max _____ PR _____ *6x3 @ _____ BNP _____ Post Workout <input type="checkbox"/>	Stretch <input type="checkbox"/> Max _____ PR _____ *6x3 @ _____ BNP _____ Post Workout <input type="checkbox"/>	Stretch <input type="checkbox"/> Max _____ PR _____ *6x3 @ _____ BNP _____ Post Workout <input type="checkbox"/>
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Stretch: 10 - 15 Minutes of Exercises
Max: Maximum Effort
 * 80% of Daily Max

BNP: Bottle Neck Pain
Post Workout: Stretches
PR: Personal Record

1% Better Every Day Goals This Month:
