

# Free Throw 30-Day Challenge



Exercise	Amount	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
<i>Month &amp; Date</i>																															
Take 10 Free Throws	Focus Solely on Routine																														
Follow Up	Make 50 Free Throws																														
Take 5 Free Throws	Focus Solely on Routine																														
Follow Up	Make 25 Free Throws																														
Streaks - See How Many you can Make in a Row	Do 7 Streaks Record Highest Streak																														
Choose 1 of 4 Physical Challenges	Complete Between each Streak																														
Physical Challenge	Down and Back																														
Physical Challenge	Push-Ups																														
Physical Challenge	Sit-Ups																														
Physical Challenge	Mountain Climbers																														

Reminders: Say the words "Straight", "Arc", and "Swish" before each free throw to self-correct prior to shooting.