



SUMMER PUCK CHALLENGE

TRACKING GRID

The Goals: Increase shot speed, quickness, and accuracy

The Reward: The admiration of those around you and an awesome t-shirt

Day	Shot type	Week										Total shots
		1	2	3	4	5	6	7	8	9	10	
Day 1	Wrist Shots - Low	# of shots										
Day 2	Wrist Shots - High											
Day 3	Snap / Slap Shots - Low											
Day 4	Snap / Slap Shots - High											
Day 5	Backhanders											
Bonus	Your choice											
Bonus	Your choice											
Summer Puck Challenge Shot Grand Total:												

At summer's end, visit <http://bit.ly/21SPCHASummerShot> to submit your shot grand total.