

PERSONAL BEST 30 DAYS REPORT

Name: _____

Please send or email this page to your branch president by **Friday, July 5, 2019**.

If you do not belong to a branch, please send or email this page to Jennifer Hope at the ARTA office (jhope@arta.net) by **Friday, July 5, 2019**.

Best Days from April 1 to June 30					
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		
TOTAL					

Congratulations and well done!



Did You Know?

Listening to music while exercising can improve work out performance by 15%