JuggleFit™

BE ACTIVE. ANYTIME. ANYWHERE.

www.jugglefit.com

Record your progress using this practice log.* Use a separate log for each different juggling move or pattern you learn.

Aim to get more throws and catches each session. Have fun!

* Have an iPhone® or iPod® touch? Get the free JuggleFit Tracker app on iTunes or the App Store!

Juggling pattern or move: _____

Date	Number of Throws	Notes