



FPYC's "30 days of Juggling" Program

Step 1: Choose a goal that you can achieve in about 5-10 minutes. Suggestions: If your record of consecutive juggles is:

- **< 3 juggles**, try to get 25-50 total juggles per day (adding the number from each attempt until you reach the total)
- **3-5 juggles**, try to get 50-100 total juggles per day;
- **5-10 juggles**, try to get 100-200 total juggles per day.
- **10 or more**, try 200-500 total juggles per day.

Step 2: Try to reach your goal for 30 days in a row. Have a parent put his or her initials on the line after each day that you achieve your goal. Record your record before and after.

Step 3: Take 1-2 weeks off, then set a new goal and try again!

Rules: For this program, the only touches that count towards the total number are touches with your foot.

Name: _____ Starting Record: ____ Daily Goal: ____ Record after 30 days: ____

Day	Juggles	Parent's Initials	Record for the day
1			
2			
3			
4			
5			
6			
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30			