



# FEBRUARY JUGGLING CHALLENGE



|                        | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Total |
|------------------------|-------|-------|-------|-------|-------|-------|
| Week 1<br># of Juggles |       |       |       |       |       |       |
| Week 2<br># of Juggles |       |       |       |       |       |       |
| Week 3<br># of Juggles |       |       |       |       |       |       |
| Week 4<br># of Juggles |       |       |       |       |       |       |

## HOW IT WORKS:

TRY TO DO THIS 5 DAYS A WEEK. SET A **10 MINUTE** TIMER AND RECORD THE AMOUNT OF JUGGLES YOU GET FOR THAT DAY. AFTER DAY 5, TALLY YOUR JUGGLES TO SEE YOUR TOTAL FOR THE WEEK.

THE GOAL IS IMPROVE EACH WEEK DEVELOPING YOUR FIRST TOUCH.