



Jump Rope Challenge

Follow this guide and complete the suggested amount of jumps each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	50	150	90	Rest	150	125	Rest
Week 2	165	150	Rest	200	150	Rest	235
Week 3	225	Rest	150	310	Rest	150	350
Week 4	385	150	425	150	465	Rest	500

Use this tracking sheet to record your progress.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							