

TRACK STAND CHALLENGE

1. Print this log and place it on your fridge or somewhere visible.
2. Aim to practice your track stand skills for at least 5 - 10 minutes a day.
3. Log each practice day below and record the time of your longest track stand of the day.
4. Witness how much you progress after 30 days!



NOVEMBER 2023

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		