FolarraStudio

Jump Rope Log

skip · count · improve

UNDATED · PRINTABLE · WORKOUTS, PROGRESS & GOALS

This Log Belongs To

for anyone building a calmer, stronger life

NAME _____

STARTED ON _____

GOAL _____

WHY _____

REWARD _____

How to use this log

- Print the whole planner once, then print extra copies of the pages you use most, such as the Goals and Plan pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Log rounds and skips each session and learn one new trick at a time.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My training word

Why I train

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Training Goals

where you are heading

Goal

Why it matters

Starting point

Reward

Weekly Plan

the week ahead

WEEK OF _____ FOCUS _____

DAY	WORKOUT	DONE
Mon		☐
Tue		☐
Wed		☐
Thu		☐
Fri		☐
Sat		☐
Sun		☐

Workout Log

every session

DATE	ROUNDS	MINUTES	SKIPS	TRICKS	NOTES

Personal Records

new bests

DATE	RECORD	BEST	NOTES

Exercise Library

moves you know

EXERCISE	LEVEL	CUES
Basic bounce		
Alternate foot		
High knees		
Side swing		
Criss cross		
Double under		
Boxer step		
Heel toe		

Trick Tracker

learning to landed

TRICK	LEARNING	LANDED	10 IN A ROW
Criss cross	☐	☐	☐
Double under	☐	☐	☐
Boxer step	☐	☐	☐
Side swing	☐	☐	☐
Toad	☐	☐	☐
EB	☐	☐	☐

Workout Calendar

color each day you train

MONTH _____ GOAL _____

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	31	32	33	34	35

Monthly Review

how it went

Wins

Hardest part

What changed

Next month

Interval Rounds

work and rest

DATE	ROUNDS	WORK	REST	TOTAL JUMPS	NOTES

Rope & Surface Log

gear that works

ROPE	LENGTH	SURFACE	FELT	NOTES

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this log makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

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