

Technique Progress Chart

Exercise _____

Date _____

M. M. Goal _____

Goal Date _____

M.M.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
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Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	
Min.																						