

Jym Progress Chart

Month _____

Use Jym every day for low impact fitness, rehabilitation and therapy and keep track of your progress with the chart below. First record the exercise you want to track and at the same time each week record your top score. At the end of the month add your weekly scores together to get your Average Progress score. With regular training you will see improvement and the results you want.

Exercise	Week 1	Week 2	Week 3	Week 4	Average Progress
_____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____
_____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____
_____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____

_____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____
_____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____
_____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____
_____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____	Force _____ Grips _____ Time _____
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