

My personal BBC (Bounce Back Calendar)













Week:



QiBouncing®

www.QiBouncing.com

www.Rebounding.TV

		10 – 20 body wake up bounces every hour Make a cross in the case after you have bounced									Rebounding workout sessions of 5 minutes minimum Write down the minutes you have bounced			
		10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	Morning	Afternoon	Evening	Before Bed
Monday														
														
Tuesday														
														
Wednesday														
														
Thursday														
														
Friday														
														
Saturday														
														
Sunday	