HOME CORNER BOXING

PRINTABLE 30-DAY LOG

HOME BOXING WORKOUT LOG

Thirty daily pages and a progress tracker for home bag work, shadowboxing, and rest days. Use it with *The 30-Day Home Heavy Bag Plan* or on its own.

WHAT THIS IS NOT

Medical advice, a certified coaching program, or a license to spar at home.

HOMECORNERBOXING.COM

Home Corner Boxing · 2026

BEFORE YOU WRITE

HOW TO USE THIS LOG

Print the pages single-sided or double-sided, letter size. Fill in one daily page on the day you train or rest. The progress tracker at the front is for a month-at-a-glance view after the fact, or for planning dates before you start.

- If you are following *The 30-Day Home Heavy Bag Plan*, each daily page already names that day's written focus and times. You can still shorten a session, rest longer, or skip the bag.
- If you are using this log on its own, ignore the plan cue or cross it out, and write what you actually did in the blanks.
- Checkboxes are there to make writing faster. They are not a score, a ranking, or a medical screening.
- Leave a field blank if it does not apply. A rest day does not need rounds.
- This log does not tell you how many calories you burned or how fit you have become. It is only a record of what you practiced and how your hands felt.

TALK WITH A DOCTOR BEFORE YOU START

This is not medical advice and not a training plan from a certified coach. Bag work can be vigorous. If you are new to exercise, returning from an injury, or have a health condition, talk with a doctor or other clinician before you begin. Do not spar at home: USA Boxing requires that sparring be supervised by a certified coach. Stop if you feel sharp pain, dizziness, numbness, or unusual shortness of breath. Do not hit a bag with bare hands — wrap and wear bag gloves first. Confirm the bag or stand is stable, and keep children and pets out of range.

NAME AND DATES (OPTIONAL)

NAME

THE 30 DAYS RUN FROM / TO

NOTES FOR MYSELF BEFORE I START

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THIRTY DAYS AT A GLANCE

PROGRESS TRACKER

Tick a day when you completed it as written, including rest days you actually rested. This is a checklist, not a streak you have to protect. If you shifted a day, pencil the new date in the cell.

WEEK 1

1	2	3	4	5	6	7
Shadow ☐	Rest ☐	Bag ☐	Rest ☐	Bag ☐	Easy ☐	Rest ☐

WEEK 2

8	9	10	11	12	13	14
Bag ☐	Rest ☐	Bag ☐	Easy ☐	Bag ☐	Rest ☐	Bag ☐

WEEK 3

15	16	17	18	19	20	21
Bag ☐	Rest ☐	Bag ☐	Easy ☐	Bag ☐	Rest ☐	Bag ☐

WEEK 4

22	23	24	25	26	27	28
Bag ☐	Rest ☐	Bag ☐	Easy ☐	Bag ☐	Rest ☐	Bag ☐

WEEK 4, DAYS 29–30

29	30					
Easy ☐	Bag ☐					

WEEKLY NOTES

WEEK 1 — STANCE AND JAB

WHAT FELT CLEANER

ANYTHING SORE, OR PUNCHES I AM LEAVING UNTIL LATER

WEEK 2 — THE CROSS

WHAT FELT CLEANER

ANYTHING SORE, OR PUNCHES I AM LEAVING UNTIL LATER

WEEK 3 — TWO-MINUTE ROUNDS

WHAT FELT CLEANER

ANYTHING SORE, OR PUNCHES I AM LEAVING UNTIL LATER

WEEK 4 — OPTIONAL HOOKS AND UPPERCUTS

WHAT FELT CLEANER

ANYTHING SORE, OR PUNCHES I AM LEAVING UNTIL LATER

DAILY LOG

DAY 1 — SHADOW

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Stance, guard, and steps only. No bag. Rounds of stance and steps only — no punches yet. Written times: 3 × 1 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- [ ] Bag work
- [ ] Shadowboxing
- [ ] Jump rope
- [ ] Easy movement only
- [ ] Shortened the plan
- [ ] Skipped — see notes

BEFORE I STARTED

- [ ] Room cleared
- [ ] Bag or stand checked
- [ ] Hands wrapped
- [ ] Bag gloves on
- [ ] Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- [ ] 1 Jab
- [ ] 2 Cross
- [ ] 3 Lead hook
- [ ] 4 Rear hook
- [ ] 5 Lead uppercut
- [ ] 6 Rear uppercut
- [ ] Double jab
- [ ] One-two
- [ ] Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- [ ] Fine
- [ ] Ordinary tiredness
- [ ] Sore — I will rest
- [ ] Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- [ ] Finished as written
- [ ] Stopped a round early
- [ ] Form fell apart late
- [ ] Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

This page is a record, not a test. If you feel sharp pain, dizziness, numbness, or unusual shortness of breath, stop. Talk with a doctor or other clinician if you are new to exercise, returning from an injury, or have a health condition.

DAILY LOG

DAY 2 — REST

DATE

START TIME

WHERE I TRAINED

> **IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN**
>
> **No punching.** A walk is optional. Do not hit a bag or add extra rounds.

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

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DAILY LOG

DAY 3 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Easy touches and the jab. Wrap and glove up. Easy touches, then the jab only. Stop if anything feels sharp. Written times: 3 × 1 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 4 — REST

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

No punching. Check your hands. If they worry you, rest again tomorrow.

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

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DAILY LOG

DAY 5 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Jab and double jab. Jab, then double jab to the head, returning the hand each time. Written times: 3 × 1 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 6 — EASY

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Shadow: stance and jab. No bag. If your hands are sore, treat this as a rest day. Written times: 3 × 1 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 7 — REST

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

End of week 1. No punching. Optional note: is the jab returning to your face?

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

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DAILY LOG

DAY 8 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Introduce the cross. Jab first. Learn the cross standing in the air; easy on the bag only if it stays balanced. Written times: 3 × 1½ min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 9 — REST

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

No punching. Hands off the bag. A walk is optional.

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

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DAILY LOG

DAY 10 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Official jab combinations. Double jab; optional head-and-body jabs. Add the one-two only if the cross is clean. Written times: 3 × 1½ min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 11 — EASY

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Shadow or easy jump rope. Footwork: nearest foot moves first. No hard punching. Written times: 3 × 1½ min shadow or 3 × 1 min rope. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 12 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Jab, double jab, and the one-two. First four-round day. It is fine to stop after three. Written times: 4 × 1½ min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 13 — REST

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

No punching. Full rest after the four-round day. Do not stack a makeup session.

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

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DAILY LOG

DAY 14 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Light review of week 2. Only what was already clean. No new punches. Written times: 3 × 1½ min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

This page is a record, not a test. If you feel sharp pain, dizziness, numbness, or unusual shortness of breath, stop. Talk with a doctor or other clinician if you are new to exercise, returning from an injury, or have a health condition.

DAILY LOG

DAY 15 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

One-two; double jab then cross. Two-minute rounds start. Drop back to 1½ minutes if two is too long. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

This page is a record, not a test. If you feel sharp pain, dizziness, numbness, or unusual shortness of breath, stop. Talk with a doctor or other clinician if you are new to exercise, returning from an injury, or have a health condition.

DAILY LOG

DAY 16 — REST

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

No punching. Hands and shoulders get the day off.

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

This page is a record, not a test. If you feel sharp pain, dizziness, numbness, or unusual shortness of breath, stop. Talk with a doctor or other clinician if you are new to exercise, returning from an injury, or have a health condition.

DAILY LOG

DAY 17 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Official three-punch straights. Jab-jab-cross; jab-cross-jab; and the official body-head variation — or stay with the one-two. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

This page is a record, not a test. If you feel sharp pain, dizziness, numbness, or unusual shortness of breath, stop. Talk with a doctor or other clinician if you are new to exercise, returning from an injury, or have a health condition.

DAILY LOG

DAY 18 — EASY

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Easy rope or shadow. No hard punching. Use one-minute rounds if you are new to skipping. Written times: 4 × 1–2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 19 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Same combinations, cleaner return. Each hand comes back on the same path. The other hand stays up. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 20 — REST

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

No punching. If something has been nagging you, leave it alone and get it looked at if needed.

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

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DAILY LOG

DAY 21 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Light review. Three rounds, not four. Quality over volume. Written times: 3 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- [ ] Bag work
- [ ] Shadowboxing
- [ ] Jump rope
- [ ] Easy movement only
- [ ] Shortened the plan
- [ ] Skipped — see notes

BEFORE I STARTED

- [ ] Room cleared
- [ ] Bag or stand checked
- [ ] Hands wrapped
- [ ] Bag gloves on
- [ ] Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- [ ] 1 Jab
- [ ] 2 Cross
- [ ] 3 Lead hook
- [ ] 4 Rear hook
- [ ] 5 Lead uppercut
- [ ] 6 Rear uppercut
- [ ] Double jab
- [ ] One-two
- [ ] Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- [ ] Fine
- [ ] Ordinary tiredness
- [ ] Sore — I will rest
- [ ] Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- [ ] Finished as written
- [ ] Stopped a round early
- [ ] Form fell apart late
- [ ] Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 22 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Review 1–2; lead hook in the air if ready. Straights first. Lead hook in the air only if those were tidy. Not on the bag today. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- [ ] Bag work
- [ ] Shadowboxing
- [ ] Jump rope
- [ ] Easy movement only
- [ ] Shortened the plan
- [ ] Skipped — see notes

BEFORE I STARTED

- [ ] Room cleared
- [ ] Bag or stand checked
- [ ] Hands wrapped
- [ ] Bag gloves on
- [ ] Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- [ ] 1 Jab
- [ ] 2 Cross
- [ ] 3 Lead hook
- [ ] 4 Rear hook
- [ ] 5 Lead uppercut
- [ ] 6 Rear uppercut
- [ ] Double jab
- [ ] One-two
- [ ] Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- [ ] Fine
- [ ] Ordinary tiredness
- [ ] Sore — I will rest
- [ ] Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- [ ] Finished as written
- [ ] Stopped a round early
- [ ] Form fell apart late
- [ ] Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 23 — REST

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

No punching. Leave the new hook alone until tomorrow.

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

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DAILY LOG

DAY 24 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Easy lead hook only if tidy in the air. Straights remain the main work. Skip the hook on the bag if it was messy in the air. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- [ ] Bag work
- [ ] Shadowboxing
- [ ] Jump rope
- [ ] Easy movement only
- [ ] Shortened the plan
- [ ] Skipped — see notes

BEFORE I STARTED

- [ ] Room cleared
- [ ] Bag or stand checked
- [ ] Hands wrapped
- [ ] Bag gloves on
- [ ] Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- [ ] 1 Jab
- [ ] 2 Cross
- [ ] 3 Lead hook
- [ ] 4 Rear hook
- [ ] 5 Lead uppercut
- [ ] 6 Rear uppercut
- [ ] Double jab
- [ ] One-two
- [ ] Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- [ ] Fine
- [ ] Ordinary tiredness
- [ ] Sore — I will rest
- [ ] Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- [ ] Finished as written
- [ ] Stopped a round early
- [ ] Form fell apart late
- [ ] Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 25 — EASY

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Hooks in the air. No bag required. Rear hook in the air only if the lead hook stays short. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 26 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Straights first; uppercuts only if compact. Uppercuts in the air first. Easy on the bag only if the motion stays short. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 27 — REST

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

No punching. A full rest before the last bag days.

HOW I SPENT THE REST DAY

☐ Full rest ☐ Easy walk ☐ Other (note below)

HANDS, WRISTS, AND SHOULDERS TODAY

☐ Fine ☐ Ordinary tiredness ☐ Sore — no bag tomorrow

☐ Sharp pain, numbness, or swelling — I will get this looked at

NOTES

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DAILY LOG

DAY 28 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

Only the punches you have learned. No requirement to use all six punches. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

This page is a record, not a test. If you feel sharp pain, dizziness, numbness, or unusual shortness of breath, stop. Talk with a doctor or other clinician if you are new to exercise, returning from an injury, or have a health condition.

DAILY LOG

DAY 29 — EASY

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

No hard punching. Easy shadow or a walk. Note what still feels messy. Written times: Easy movement. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

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DAILY LOG

DAY 30 — BAG

DATE

START TIME

WHERE I TRAINED

IF YOU ARE FOLLOWING THE 30-DAY HOME HEAVY BAG PLAN

A clean close, not a test. An ordinary session of what you can already do well. Write two or three things to keep practicing. Written times: 4 × 2 min work / 1 min rest. You may shorten this, rest longer, or skip the bag if your hands need it.

WHAT I ACTUALLY DID

- ☐ Bag work
- ☐ Shadowboxing
- ☐ Jump rope
- ☐ Easy movement only
- ☐ Shortened the plan
- ☐ Skipped — see notes

BEFORE I STARTED

- ☐ Room cleared
- ☐ Bag or stand checked
- ☐ Hands wrapped
- ☐ Bag gloves on
- ☐ Warmed up without hard punching

ROUNDS (FILL ONLY WHAT YOU DID)

ROUND	WORK TIME	REST TIME	STOPPED EARLY?
Round 1			
Round 2			
Round 3			
Round 4			

PUNCHES OR COMBINATIONS I PRACTICED (LEAVE BLANK IF NONE)

- ☐ 1 Jab
- ☐ 2 Cross
- ☐ 3 Lead hook
- ☐ 4 Rear hook
- ☐ 5 Lead uppercut
- ☐ 6 Rear uppercut
- ☐ Double jab
- ☐ One-two
- ☐ Other official combo

HANDS, WRISTS, AND SHOULDERS AFTER

- ☐ Fine
- ☐ Ordinary tiredness
- ☐ Sore — I will rest
- ☐ Sharp pain, numbness, or swelling — I will get this looked at

HOW THE SESSION FELT (PLAIN NOTES, NOT A SCORE)

- ☐ Finished as written
- ☐ Stopped a round early
- ☐ Form fell apart late
- ☐ Breathing felt too hard — I stopped

FORM NOTES AND WHAT TO REPEAT NEXT TIME

This page is a record, not a test. If you feel sharp pain, dizziness, numbness, or unusual shortness of breath, stop. Talk with a doctor or other clinician if you are new to exercise, returning from an injury, or have a health condition.