



28-Day Gentle Tai Chi & Qigong Plan

Choose your track each day:
Track A (TA) – Mostly Seated · **Track B (TB) – Mixed Seated & Standing** · **Track C (TC) – Mostly Standing**

Aim for at least 4 practice days per week. A short, gentle session still counts.

Week / Day	Day 1 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 2 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 3 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 4 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 5 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 6 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 7 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>
Week 1	Start Gently	Mark ✓ if Done	Repeat & Remember	Mark ✓ if Done	Light Qigong Day	Mark ✓ if Done	Seated Flow Practice	Mark ✓ if Done	Repeat Your Favorite	Mark ✓ if Done	Rest or Very Light Practice	Mark ✓ if Done	Review & Gentle Practice	Mark ✓ if Done
Waking Up Body and Breath	Warm-ups (5–7 min) + short Seated Tai Chi Flow		Warm-ups (5–7 min) + Seated Tai Chi Flow (a little longer)		5–10 min of Qigong + easy breathing (seated or standing)		Warm-ups + full Seated Tai Chi Flow		Warm-ups + your favorite version of the Seated Flow + optional Qigong		Rest day or 3–5 min of gentle breathing / Qigong		Short warm-ups + short Seated Flow + 1–2 min reflection	
	W + S		W + S		Q		W + S		W + S + R		R or Q		W + S	
Week / Day	Day 1 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 2 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 3 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 4 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 5 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 6 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>	Day 7 <input type="checkbox"/>	TA <input type="checkbox"/> TB <input type="checkbox"/> TC <input type="checkbox"/>
Week 2	Refresh & Gentle Standing	Mark ✓ if Done	Balance & Legs	Mark ✓ if Done	Light Qigong & Recovery	Mark ✓ if Done	Balance Practice	Mark ✓ if Done	Strength Plus Calm	Mark ✓ if Done	Rest or Evening Qigong	Mark ✓ if Done	Review & Simple Balance Check	Mark ✓ if Done
Building Balance and Strength	Warm-ups + Seated Flow; add a few supported standing knee bends if safe		Warm-ups + balance practice (weight shifts / soft knee bends)		Qigong only (5–10 min) + relaxed breathing		Warm-ups + balance focus (seated or standing with a chair)		Warm-ups + Seated or Standing Flow + calm breathing to finish		Rest day or 3–5 min of Evening Calm Qigong		Short warm-ups + short flow + one gentle balance self-check	
	W + S		W + B		Q		W + B		W + S or St		R or Q		W	

- Icons
- S - Seated Tai Chi & Qigong (chair-supported practice)
 - St - Standing Tai Chi & Qigong (with chair or wall nearby)
 - W - Warm-ups and joint-friendly movements
 - Q - Qigong / breathing focus
 - B - Balance practice (weight shifts / soft knee bends)
 - R - Rest or very light day

How to use this chart

Each day, follow the simple suggestion in the box and choose the **seated or standing version** that matches your Track:

- Track A – Mostly Seated
- Track B – Mixed Seated & Standing
- Track C – Mostly Standing

On **light / rest days**, 3–10 minutes of easy breathing or Qigong is enough.
This chart is not a test – it’s a friendly reminder that every small, kind step counts.



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Week 3	Smoother Seated Flow	Mark ✓ if Done <input type="checkbox"/>	Standing Mini-Flow	Mark ✓ if Done <input type="checkbox"/>	Qigong for Calm Energy	Mark ✓ if Done <input type="checkbox"/>	Combination Day	Mark ✓ if Done <input type="checkbox"/>	“Your” Signature Practice	Mark ✓ if Done <input type="checkbox"/>	Rest or Very Light Day	Mark ✓ if Done <input type="checkbox"/>	Review & Gentle Check	Mark ✓ if Done <input type="checkbox"/>
Flow, Coordination & Confidence	Warm-ups (5–7 min) + Seated Tai Chi Flow with smoother, more continuous transitions.		Warm-ups + short standing mini-flow behind the chair (Tracks B–C); Track A stays seated and focuses on smoother coordination.		Qigong only (5–10 min), such as Morning Wake-Up or Evening Calm, plus relaxed breathing and quiet sitting.		Warm-ups + seated or standing flow (by track) + a short Qigong or calm breathing ending.		Warm-ups + your favorite routine from this week (seated, standing, or mixed) + calm breathing to finish.		Rest day or 3–5 minutes of simple Qigong or easy breathing with hands on the belly.		Short warm-ups + short flow + 1–2 minutes of simple balance or posture check, plus a brief written reflection.	
	🔄W + 🪑S		🔄W + 🪑S or 🚶St		🧘Q + 🌿R		🔄W + 🪑S or 🚶St + 🧘Q		🔄W + 🪑S or 🚶St + 🧘Q		🌿R or 🧘Q		🔄W + 🪑S or 🚶St + ⚖B + 🧘Q	
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Week 4	Full Integrated Practice	Mark ✓ if Done <input type="checkbox"/>	Balance, Breath & Awareness	Mark ✓ if Done <input type="checkbox"/>	Light Qigong & Reflection	Mark ✓ if Done <input type="checkbox"/>	Balance Practice	Mark ✓ if Done <input type="checkbox"/>	Gentle Challenge (or Repeat)	Mark ✓ if Done <input type="checkbox"/>	Rest & Gratitude	Mark ✓ if Done <input type="checkbox"/>	Graduation & Next Steps	Mark ✓ if Done <input type="checkbox"/>
Integrating Body, Mind & Spirit	Warm-ups + main flow (seated or standing by track) + Qigong cool-down and quiet breathing.		Warm-ups focused on hips, knees, and ankles + balance-focused flow (seated or supported standing) + calm breathing.		Light Qigong routine (Morning Wake-Up or Evening Calm, 8–12 min) + 1–2 minutes of quiet sitting and noticing mood or sleep.		Warm-ups + your own Tai Chi & Qigong routine (seated, standing, or mixed) + a simple calm ending.		Either gently increase repetitions or standing time, or repeat yesterday's routine at the same level, listening to your body		Full rest day or 6–10 slow breaths with hands on heart or belly, silently thanking your body for small daily actions.		Short practice (warm-ups + main flow + Qigong) + simple self-check and brief written reflection on your 28 days.	
	🔄W + 🪑S or 🚶St + 🧘Q		🔄W + 🪑S or 🚶St + ⚖B + 🧘Q		🧘Q + 🌿R		🔄W + 🪑S or 🚶St + 🧘Q		🔄W + 🪑S or 🚶St + 🧘Q		🌿R + 🧘Q		🔄W + 🪑S or 🚶St + ⚖B + 🧘Q	

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