













































Daily Practice Tracker - 28-Day Gentle Tai Chi & Qigong Plan







Use this tracker to record what you actually practiced each day.
A short, gentle session still counts. This is not a test – it's a kind reminder of your progress.

Week: _____

Aim for at least 4 practice days this week. Even very short sessions still count.

	Date	Track (A / B / C)	What I Practiced (check icons)	Minutes	How I Felt (energy, stiffness, mood)
<input type="checkbox"/> Day 1		<input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C	<input type="checkbox"/>  W <input type="checkbox"/>  S <input type="checkbox"/>  St <input type="checkbox"/>  Q <input type="checkbox"/>  B <input type="checkbox"/>  R		
<input type="checkbox"/> Day 2		<input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C	<input type="checkbox"/>  W <input type="checkbox"/>  S <input type="checkbox"/>  St <input type="checkbox"/>  Q <input type="checkbox"/>  B <input type="checkbox"/>  R		
<input type="checkbox"/> Day 3		<input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C	<input type="checkbox"/>  W <input type="checkbox"/>  S <input type="checkbox"/>  St <input type="checkbox"/>  Q <input type="checkbox"/>  B <input type="checkbox"/>  R		
<input type="checkbox"/> Day 4		<input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C	<input type="checkbox"/>  W <input type="checkbox"/>  S <input type="checkbox"/>  St <input type="checkbox"/>  Q <input type="checkbox"/>  B <input type="checkbox"/>  R		
<input type="checkbox"/> Day 5		<input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C	<input type="checkbox"/>  W <input type="checkbox"/>  S <input type="checkbox"/>  St <input type="checkbox"/>  Q <input type="checkbox"/>  B <input type="checkbox"/>  R		
<input type="checkbox"/> Day 6		<input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C	<input type="checkbox"/>  W <input type="checkbox"/>  S <input type="checkbox"/>  St <input type="checkbox"/>  Q <input type="checkbox"/>  B <input type="checkbox"/>  R		
<input type="checkbox"/> Day 7		<input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C	<input type="checkbox"/>  W <input type="checkbox"/>  S <input type="checkbox"/>  St <input type="checkbox"/>  Q <input type="checkbox"/>  B <input type="checkbox"/>  R		

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