

Bonus Companion for Tai Chi for Beginners

30-Day Progress Tracker

A simple, encouraging system to help you build a steady Tai Chi habit and notice the small improvements that lead to real beginner progress.

This tracker is designed for new learners who want more than a blank chart. It helps you stay consistent, track how you feel after practice, and recognize progress in areas that matter for beginners: confidence, balance, ease of movement, body awareness, calm, and routine-building.

Why this bonus has real value

Most beginners do not quit because Tai Chi “doesn’t work.” They quit because progress feels too subtle at first. This tracker helps solve that problem by making progress visible. Instead of waiting for a dramatic result, readers can notice improvements in consistency, energy, coordination, balance, and how natural the practice feels from week to week.

The purpose of this tracker: to turn practice into a habit, help readers stay motivated, and show that progress often starts with small, repeatable wins.

How to use it well

What to track	Why it matters	How to use it
Daily Tai Chi session	Builds the habit that creates long-term results	Check off the day even if you only practiced for a few minutes
Minutes practiced	Shows that short sessions still count and add up over time	Write the number of minutes without judging the session
Energy and balance/ease	Beginners often feel these benefits before anything else	Rate quickly so you can spot patterns over time
Notes or small wins	Helps reinforce confidence and makes improvement feel real	Write one short observation after practice

Important beginner mindset

This tracker is not about perfect streaks. It is about building momentum. Missing a day does not erase progress. The goal is simply to return, practice again, and make Tai Chi feel like a normal part of your life.

Your 30-Day Tracking Plan

Print this page or use it digitally. Keep your notes short and simple. The best tracker is the one you actually use.

Day	Tai Chi Done?	Minutes	Energy (1–5)	Balance / Ease (1–5)	Notes / Small Win
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

Tip: If motivation drops, lower the barrier. A calm 5-minute practice still counts and often helps you keep the habit alive.

Day	Tai Chi Done?	Minutes	Energy (1–5)	Balance / Ease (1–5)	Notes / Small Win
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

Weekly check-in prompts

Week	Reflection prompt
End of Week 1	Did practice feel approachable? What time of day worked best for you?
End of Week 2	Do any movements feel more familiar, easier, or less awkward than before?
End of Week 3	Have you noticed changes in calm, coordination, balance, stiffness, or confidence?

End of Week 4	What part of your Tai Chi routine now feels most natural, and what habit do you want to keep?
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How this bonus works with the main book

The main book teaches the forms, the method, and the deeper principles. This tracker helps readers apply that knowledge consistently in real life. Together, they create a stronger beginner system: **the book teaches what to do, and the tracker helps readers keep doing it.**

Best use: pair this tracker with the 5-minute morning routine on busy days and the quick reference poster when reviewing the movement sequence. That creates a practical beginner toolkit focused on confidence, repetition, and steady progress.