

Bonus Companion for Tai Chi for Weight Loss

30-Day Progress Tracker

A simple system to help you stay consistent, notice real improvements, and turn gentle movement into visible progress.

This tracker is not just a checklist. It is designed to help you see the kinds of progress that matter in a Tai Chi for weight loss journey: consistency, energy, body awareness, appetite control, daily movement, and the small wins that usually appear before the scale changes.

Why this bonus has real value

Many people give up too early because they only look for one signal of success: body weight. But with gentle, sustainable movement like Tai Chi, progress often starts in other ways first — less stiffness, better balance, fewer cravings, improved mood, more motivation, better sleep, and greater consistency. This tracker helps readers notice those wins so they keep going long enough to get real results.

The purpose of this tracker: to keep motivation high, make progress visible, and reinforce the idea that sustainable weight loss is built through daily habits, not extreme effort.

How to use it well

What to track	Why it matters	How to use it
Daily Tai Chi practice	Consistency is the foundation of long-term fat loss and mobility improvement	Check off each day you complete your session, even if it was short
Energy and mood	These often improve before body composition changes become obvious	Rate them quickly so you can spot patterns over time
Appetite and cravings	Stress reduction and routine can improve eating control	Note whether cravings felt lower, the same, or higher

Body measurements or fit of clothing	These can change even when the scale moves slowly	Record once a week, not every day
--------------------------------------	---	-----------------------------------

Important mindset

Use this tracker as a tool for awareness, not self-criticism. Its job is to help you recognize patterns, stay engaged, and make adjustments calmly. Missing a day is not failure. The real win is returning the next day.

Your 30-Day Tracking Plan

Print this page or use it digitally. Keep entries short. The goal is to create a record that helps you stay committed without turning the process into a burden.

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

Tip: If you miss a day, write one sentence about what got in the way. This makes the tracker more useful because it turns setbacks into information.

Day	Tai Chi Done?	Minutes	Energy (1–5)	Mood (1–5)	Cravings	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 the routine feel realistic? What time of day made it easiest to stay consistent?
End of Week 2	Have you noticed changes in stiffness, mood, appetite, sleep, or energy?
End of Week 3	What helped you stay on track? What obstacles showed up repeatedly?

End of Week
4

What progress are you most proud of, and what habit do you want to carry forward?

How this bonus works with the main book

The main book gives readers the method, structure, and routines. This tracker gives them a way to stay engaged long enough to experience results. Together, they create a stronger system: **the book teaches the practice, and the tracker turns practice into a repeatable habit.**

Best use: pair the tracker with the seated bonus on low-energy days and the main standing routines on stronger days. That gives readers a realistic path to staying consistent for the full 30 days.