

My 28-Day Tracker

Daily Practice Log

HOW TO USE: After each morning, tick the box and circle how you felt.

MOOD LEGEND: ● Easy ● Okay ● Hard

CURRENT STREAK: _____ days

BEGINNER

WEEK 1

Wake Up

Days 1 to 7

Begin gently. Every morning matters.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●

BUILDER

WEEK 2

Loosen

Days 8 to 14

You are building real momentum.

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●

STEADY

WEEK 3

Balance

Days 15 to 21

Steady and strong. Trust your body.

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●

CHAMPION

WEEK 4

Flow

Days 22 to 28

You are almost there. Finish proud.

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●	● ● ●

Tip: Print this page and put it where you will see it every morning. Your fridge, mirror, or beside your chair.

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Week 1 Reflection

Wake Up Phase

WEEK 1 · TAKE YOUR TIME

Sit somewhere quiet. Notice how your body feels right now. Answer honestly.

1 *How did your mornings feel this week compared to before?*

2 *Which pose felt the most natural or enjoyable?*

3 *Which pose felt the most difficult or unfamiliar?*

4 *What was the biggest surprise about chair Tai Chi?*

5 *How did your body feel after each morning practice?*

*

CELEBRATE · YOUR · WINS

*

List two things you are proud of yourself for this week.

You showed up. That is the hardest part of any new practice.

Week 2 Reflection

Loosen Phase

WEEK 2 · TAKE YOUR TIME

Sit somewhere quiet. Notice how your body feels right now. Answer honestly.

1 *Which movements feel easier now than they did last week?*

2 *Where in your body do you feel less stiffness?*

3 *How is your breathing during the practice changing?*

4 *What time of day works best for your sessions?*

5 *Have other people noticed any change in how you move?*

*

CELEBRATE · YOUR · WINS

*

Name one specific moment this week when you felt better than usual.

Your body is responding. Trust what is happening underneath.

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Week 3 Reflection

Balance Phase

WEEK 3 · TAKE YOUR TIME

Sit somewhere quiet. Notice how your body feels right now. Answer honestly.

1 *Where do you feel stronger or steadier than three weeks ago?*

2 *What can you do now in daily life that felt harder before?*

3 *How is your balance changing? Be specific if you can.*

4 *How is the quality of your sleep this week?*

5 *What new pose or breathing technique do you enjoy most now?*

*

CELEBRATE · YOUR · WINS

*

Describe one moment you noticed your body doing something it could not do before.

Steady and strong. You are doing real work, one breath at a time.

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Week 4 Reflection

Flow Phase · The Final Week

WEEK 4 · YOU MADE IT

Look back across the whole 28 days. What has changed in you?

1 *How has your overall energy changed in 28 days?*

2 *What is the most important thing you learned about your body?*

3 *What will you carry forward into the next 28 days?*

4 *If you could tell yourself on Day 1 one thing, what would it be?*

*

MILESTONE · COMPLETE

*

Day 28 · You Did It!

Signed: _____

You showed up. You moved. You proved that change is possible.

Date: _____

Keep this page somewhere safe. It is the proof of what you accomplished.

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