



Tai Chi Walking — Daily Tracker

30 minutes every day • Stay consistent • Trust the process

🎯 Starting Weight: **86 kg** | Goal Weight: **70 kg** | Target: **- 16 kg** | Daily Goal: **30 mins** 🚶

🌿 Tai Chi Walking Tips

- Walk slowly and mindfully — heel to toe, soft knees
- Breathe deeply — inhale through nose, exhale through mouth
- Keep your back straight and shoulders relaxed
- Arms swing gently and naturally at your sides
- Focus your mind — no phone, just walking and breathing
- Best time: early morning or before sunset

📅 17 Month 1

Day	Date	Done? ✓	Minutes	Weight (kg)	How I Feel
1		<input type="checkbox"/>			
2		<input type="checkbox"/>			
3		<input type="checkbox"/>			
4		<input type="checkbox"/>			
5		<input type="checkbox"/>			
6		<input type="checkbox"/>			
7		<input type="checkbox"/>			
🚿 Week 1 Weight Check				_____ kg	
8		<input type="checkbox"/>			
9		<input type="checkbox"/>			
10		<input type="checkbox"/>			
11		<input type="checkbox"/>			
12		<input type="checkbox"/>			
13		<input type="checkbox"/>			
14		<input type="checkbox"/>			
🚿 Week 2 Weight Check				_____ kg	
15		<input type="checkbox"/>			
16		<input type="checkbox"/>			
17		<input type="checkbox"/>			

18		<input type="checkbox"/>			
19		<input type="checkbox"/>			
20		<input type="checkbox"/>			
21		<input type="checkbox"/>			
⚖️ Week 3 Weight Check				_____ kg	
22		<input type="checkbox"/>			
23		<input type="checkbox"/>			
24		<input type="checkbox"/>			
25		<input type="checkbox"/>			
26		<input type="checkbox"/>			
27		<input type="checkbox"/>			
28		<input type="checkbox"/>			
29		<input type="checkbox"/>			
30		<input type="checkbox"/>			
⚖️ Month 1 Final Weight				_____ kg	🎉 Keep going!

Made with love for Judy 🙏 | Start: 86 kg → Goal: 70 kg | You can do it! 💪