

# Tai Chi for Weight Loss

## Printable 28-Day Companion Guide

A calm, beginner-friendly companion to help you stay consistent. Use this wall guide to see exactly what to do each week.

### Daily Practice

**Gentle Arrival**

1 min



**Core Sequence**

3 / 5 / 7 / 10 min



**Closing Form**

1 / 2 / 4 min

#### Week 1

### Safety & Calm

Show up gently. Perfection is not required.

1. Commencing
2. Holding the Ball
3. Parting the Wild Horse's Mane
4. Wave Hands Like Clouds
5. Brush Knee and Push
6. Closing Form

#### Week 2

### Comfort & Confidence

Notice what already feels more familiar.

1. Commencing
2. Fair Lady Works at Shuttles
3. Play the Lute
3. White Crane Spreads Its Wings
5. Needle at Sea Bottom
6. Closing Form

#### Week 3

### Steadiness & Habits

Trust the rhythm your body is learning.

1. Commencing
2. Grasp the Bird's Tail
3. Repulse Monkey
4. Single Whip
5. High Pat on Horse
6. Closing Form

#### Week 4

### Flow & Consistency

Let the practice feel like your own.

1. Commencing
2. Carry Tiger to Mountain
3. Fan Through Back
4. Golden Rooster Stands on One Leg
5. Cross Hands
6. Apparent Close-Up
7. Closing Form

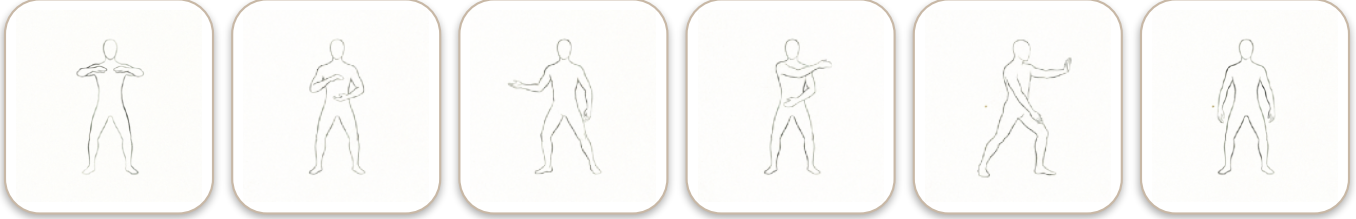
For step-by-step instructions and seated modifications, return to the book.

# 28-Day Habit Tracker

Use this page as your fridge-friendly progress tracker.

## Week 1 — Safety & Calm

Show up gently. Perfection is not required.



## Week 2 — Comfort & Confidence

Notice what already feels more familiar.



## Week 3 — Steadiness & Habits

Trust the rhythm your body is learning.



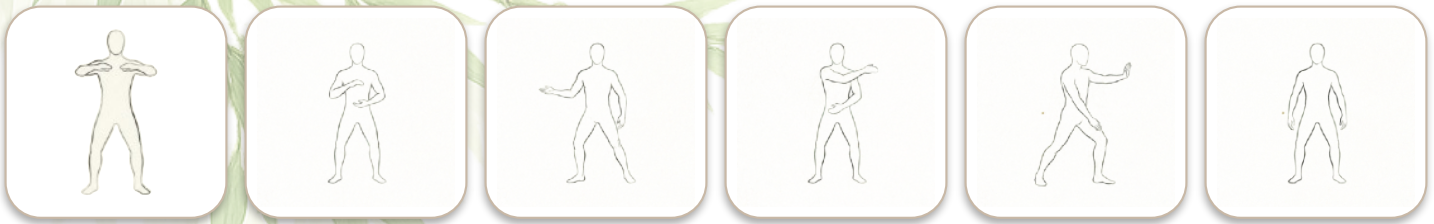
## Week 4 — Flow & Consistency

Let the practice feel like your own.



## Today's Forms

Commencing → Holding the Ball → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Brush Knee and Push → Closing Form



## Today's Intention

Welcome. You do not need to do this perfectly - you only need to begin. Let your shoulders soften and your breathing slow.

## How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

## After your practice:

What did you notice in your body today?

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Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

## Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Holding the Ball → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Brush Knee and Push → Closing Form



Today's Intention

Settle your breath before you move. Quiet progress still counts.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Holding the Ball → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Brush Knee and Push → Closing Form



Today's Intention

Move slowly and let comfort guide the pace.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Holding the Ball → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Brush Knee and Push → Closing Form



Today's Intention

Let the sequence feel steady rather than perfect.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Holding the Ball → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Brush Knee and Push → Closing Form



Today's Intention

Your only job today is to show up and soften.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Holding the Ball → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Brush Knee and Push → Closing Form



Today's Intention

Small, repeatable practice is how confidence begins.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

Three horizontal lines for writing notes.

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Holding the Ball → Parting the Wild Horse's Mane → Wave Hands Like Clouds → Brush Knee and Push → Closing Form



Today's Intention

Notice even one small sign of ease today.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weekly Regulation Score

Cravings: low / medium / high

Stress eating: rarely / sometimes / often

Sleep quality: poor / ok / good

Clothes fit: tighter / same / looser

Today's Forms

Commencing → Fair Lady Works at Shuttles -> Play the Lute → White Crane Spreads Its Wings → Needle at Sea Bottom → Closing Form



Today's Intention

You've made it a full week. Whether you practiced every day or just a few days, you've already changed something. Notice what feels more familiar.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

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Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Fair Lady Works at Shuttles -> Play the Lute → White Crane Spreads Its Wings → Needle at Sea Bottom → Closing Form



Today's Intention

You are building comfort through repetition, not force.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Fair Lady Works at Shuttles -> Play the Lute → White Crane Spreads Its Wings → Needle at Sea Bottom → Closing Form



Today's Intention

Notice what already feels steadier than last week.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Fair Lady Works at Shuttles -> Play the Lute → White Crane Spreads Its Wings → Needle at Sea Bottom → Closing Form



Today's Intention

Calm coordination matters more than doing more.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Fair Lady Works at Shuttles -> Play the Lute → White Crane Spreads Its Wings → Needle at Sea Bottom → Closing Form



Today's Intention

A gentle session still teaches your body something useful.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

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Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Fair Lady Works at Shuttles -> Play the Lute → White Crane Spreads Its Wings → Needle at Sea Bottom → Closing Form



Today's Intention

Let the flow stay smooth, easy, and unhurried.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

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Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Fair Lady Works at Shuttles -> Play the Lute → White Crane Spreads Its Wings → Needle at Sea Bottom → Closing Form



Today's Intention

Rested, imperfect practice still moves you forward.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weekly Regulation Score

Cravings: low / medium / high

Stress eating: rarely / sometimes / often

Sleep quality: poor / ok / good

Clothes fit: tighter / same / looser

**Today's Forms**

Commencing → Grasp the Bird's Tail → Repulse Monkey → Single Whip → High Pat on Horse → Closing Form



**Today's Intention**

By now, part of you already knows these movements. This week is about trust - trusting the rhythm you've started, and trusting steadiness over intensity.

**How are you feeling today?**

<input type="checkbox"/> Light & ready	<input type="checkbox"/> A little tired	<input type="checkbox"/> Stiff
<input type="checkbox"/> Calm	<input type="checkbox"/> Distracted	<input type="checkbox"/> Other: _____

**After your practice:**

What did you notice in your body today?

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Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today Date: \_\_\_\_\_

**Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)**

- Meal Arrival (3 breaths before eating)
- Slow Core (first 5 bites slowly, soft jaw)
- Satisfaction Closing (Stop At Comfortable, Not Full)
- (Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Grasp the Bird's Tail → Repulse Monkey → Single Whip → High Pat on Horse → Closing Form



Today's Intention

Steadiness grows quietly when you return again and again.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Grasp the Bird's Tail → Repulse Monkey → Single Whip → High Pat on Horse → Closing Form



Today's Intention

Today is another chance to build a calm habit.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Grasp the Bird's Tail → Repulse Monkey → Single Whip → High Pat on Horse → Closing Form



Today's Intention

Let your breath and movement find each other.

How are you feeling today?

- Light & ready
- A little tired
- Stiff
- Calm
- Distracted
- Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

Three horizontal lines for writing notes.

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

- I practiced today Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

- Meal Arrival (3 breaths before eating)
- Slow Core (first 5 bites slowly, soft jaw)
- Satisfaction Closing (Stop At Comfortable, Not Full)
- (Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Grasp the Bird's Tail → Repulse Monkey → Single Whip → High Pat on Horse → Closing Form



Today's Intention

Consistency beats intensity every time.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Grasp the Bird's Tail → Repulse Monkey → Single Whip → High Pat on Horse → Closing Form



Today's Intention

You do not need a perfect day to have a meaningful practice.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Grasp the Bird's Tail → Repulse Monkey → Single Whip → High Pat on Horse → Closing Form



Today's Intention

Returning today is a win in itself.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weekly Regulation Score

Cravings: low / medium / high

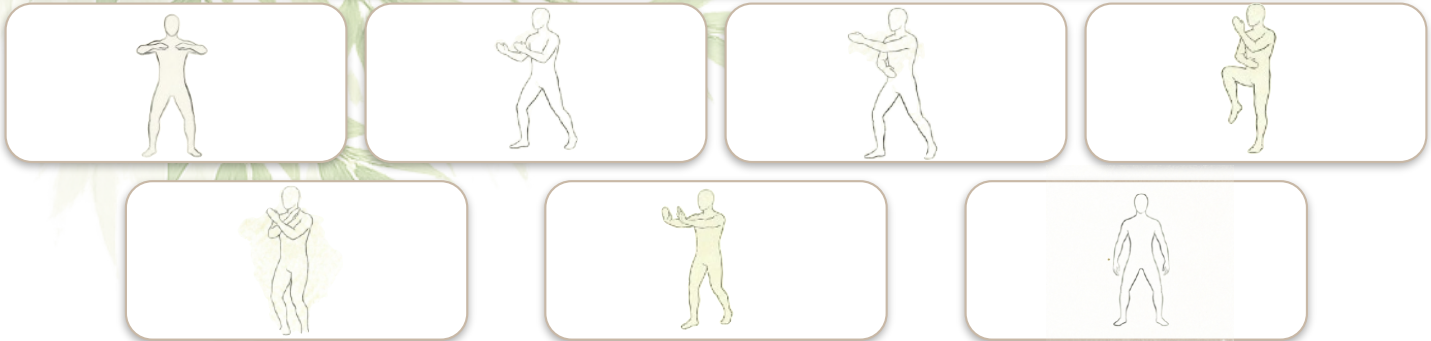
Stress eating: rarely / sometimes / often

Sleep quality: poor / ok / good

Clothes fit: tighter / same / looser

**Today's Forms**

Commencing → Carry Tiger to Mountain → Fan Through Back → Golden Rooster Stands on One Leg → Cross Hands → Apparent Close-Up → Closing Form



**Today's Intention**

You're in the final week. Not the end - just a milestone. Let this week feel easy, calm, and quietly yours.

**How are you feeling today?**

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

**After your practice:**

What did you notice in your body today?

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Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

**Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)**

Meal Arrival (3 breaths before eating)

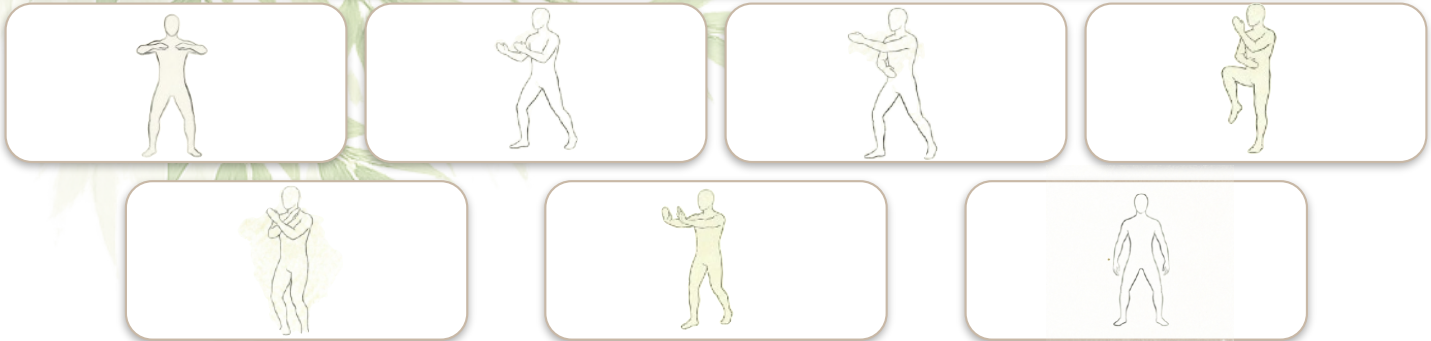
Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Carry Tiger to Mountain → Fan Through Back → Golden Rooster Stands on One Leg → Cross Hands → Apparent Close-Up → Closing Form



Today's Intention

Let the sequence flow without overthinking.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

Three horizontal lines for writing notes.

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Carry Tiger to Mountain → Fan Through Back → Golden Rooster Stands on One Leg → Cross Hands → Apparent Close-Up → Closing Form



Today's Intention

Ease and confidence can live in the same movement.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

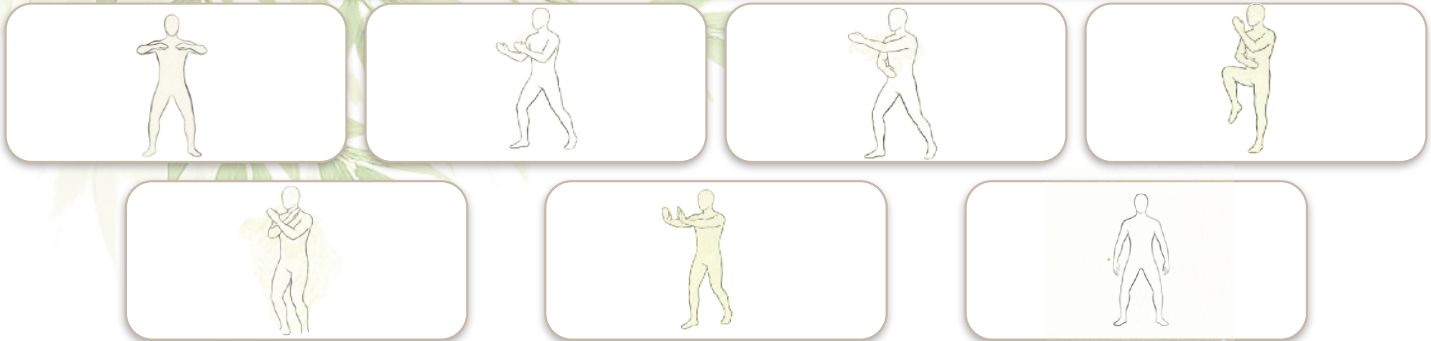
Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Carry Tiger to Mountain → Fan Through Back → Golden Rooster Stands on One Leg → Cross Hands → Apparent Close-Up → Closing Form



Today's Intention

You have built more than a routine - you have built trust.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

Three horizontal lines for writing notes.

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Carry Tiger to Mountain → Fan Through Back → Golden Rooster Stands on One Leg → Cross Hands → Apparent Close-Up → Closing Form



Today's Intention

Keep it simple, grounded, and calm today.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

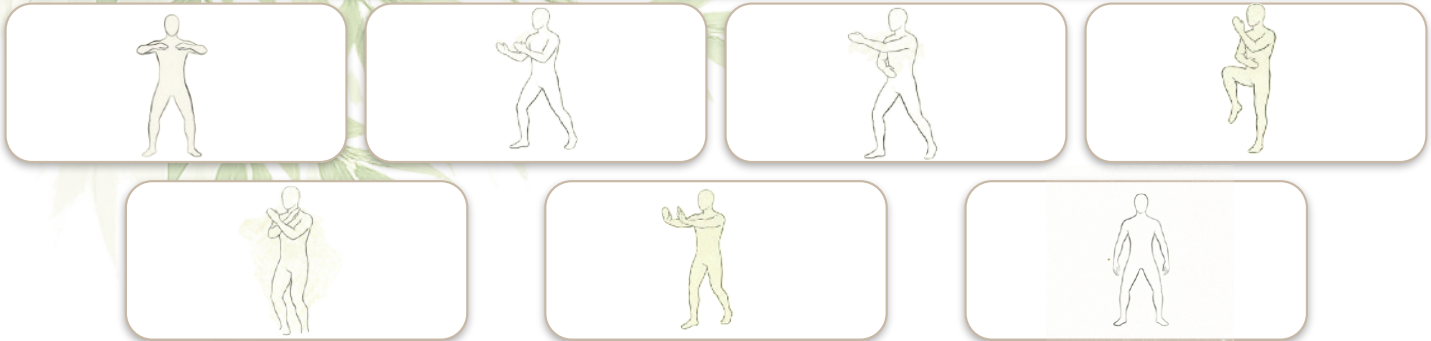
Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Carry Tiger to Mountain → Fan Through Back → Golden Rooster Stands on One Leg → Cross Hands → Apparent Close-Up → Closing Form



Today's Intention

This final stretch is about ownership, not pressure.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

Three horizontal lines for writing notes.

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weight Loss Anchors (Similar To The Book's Approach Of Arrival -> Core -> Closing)

Meal Arrival (3 breaths before eating)

Slow Core (first 5 bites slowly, soft jaw)

Satisfaction Closing (Stop At Comfortable, Not Full)

(Optional) Post Meal Closing (10 min gentle Tai Chi / walk)

Today's Forms

Commencing → Carry Tiger to Mountain → Fan Through Back → Golden Rooster Stands on One Leg → Cross Hands → Apparent Close-Up → Closing Form



Today's Intention

Finish the week with quiet pride and gentle consistency.

How are you feeling today?

Light & ready

A little tired

Stiff

Calm

Distracted

Other: \_\_\_\_\_

After your practice:

What did you notice in your body today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gentle reminder: Missed yesterday? That's completely fine. Your body still remembers. Just begin.

I practiced today

Date: \_\_\_\_\_

Weekly Regulation Score

Cravings: low / medium / high

Stress eating: rarely / sometimes / often

Sleep quality: poor / ok / good

Clothes fit: tighter / same / looser