The Shaolin Progress Chart

Instructions: Progress in Shaolin Chi Kung happens gradually (like a child growing) and holistically (throughout all areas of the body). This chart will help you to be more objective about your own progress. The more progress you see, the more motivated you'll be. And the more motivated you are, the more progress you'll make! I recommend that you print this chart and post it on the refrigerator. Get in the habit of updating your chart whenever you pay rent, mortgage, or your phone bill. You'll be glad you did. The column to the left lists common areas of improvement, but you should add other areas that are relevant or meaningful to you. Happy practicing, and happy charting!

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Ability to cope with stress												
Ability to enjoy food												
Ability to feel chi												
Afternoon energy levels												
Anxiety												
Appetite												
Athletic performance												
Bowel regularity												
Chronic pain												
Concentration levels												
Depression												
Emotional unrest												
Fatigue												
Immunity to colds & flu												
Menstrual Pain												
Morning energy levels												
Productivity at work												
Recovery from colds & flu												
Sexual fulfillment												
Sleep quality												
Spiritual fulfillment												
Zest for life												

Mark each category on a scale of 1 to 10 (1 = the worst you can imagine; 10 = the best you can imagine). When in doubt, start with a 5.