Name:

Mailing Address:

Email Address:

Date	Tai Chi Practice Time	Total Time	Date	Tai Chi Practice Time	Total Time
1.			31.		
2.			32.		
3.			33.		
4.			34.		
5.			35.		
6.			36.		
7.			37.		
8.			38.		
9.			39.		
10.			40.		
11.			41.		
12.			42.		
13.			43.		
14.			44.		
15.			45.		
16.			46.		
17.			47.		
18.			48.		
19.			49.		
20.			50.		
21.			51.		
22.			52.		
23.			53.		
24.			54.		
25.			55.		
26.			56.		
27.			57.		
28.			58.		
29.			59.		
30.			60.		
Total Days:		**Total Time:**			

Building a daily tai chi practice can bring immense benefits to your health and wellbeing. After you reach 60 days of practice, submit your completed log to Nicole, TCHI Senior Trainer, and you will receive a certificate of completion and a TCHI patch to honor your commitment to yourself.

Submit the completed tai chi practice log sheet to: nicolehiegl@gmail.com