

28-Day Tai Chi Challenge

Free Printable Beginner Tracker — 10 Minutes a Day

A simple four-week plan to build a daily Tai Chi habit. Each day takes about 10 minutes, needs no equipment, and works for true beginners — standing or seated. Check off each day and watch the streak grow.

Your 4 Weeks

Week 1 — Foundations

Learn the stance, slow breathing, and weight shifting. Quality over speed. ~8 min/day.

Week 2 — Flow

Link movements into smooth sequences. Add Cloud Hands. ~10 min/day.

Week 3 — Balance

Focus on single-leg control and posture. Hold each shift a beat longer. ~12 min/day.

Week 4 — Integration

Put it together into one calm flowing routine you can keep for life. ~12 min/day.

The Daily 4-Move Sequence

Do this gentle sequence every day. Breathe slowly and stay within a comfortable range — standing or seated.

1. Centering Breath

Stand or sit tall, relax the shoulders, breathe slowly into the lower belly. — 5 breaths
2. Opening (Gathering Qi)

Raise both arms slowly to shoulder height, then lower on the out-breath. — 6 reps
3. Cloud Hands

Shift weight side to side as the hands float across the body, waist turning gently. — 8 reps
4. Closing

Bring both palms to the lower belly, breathe, and feel steady and calm. — 5 breaths

28-Day Tracker

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Day 8 ☐	Day 9 ☐	Day 10 ☐	Day 11 ☐	Day 12 ☐	Day 13 ☐	Day 14 ☐
Day 15 ☐	Day 16 ☐	Day 17 ☐	Day 18 ☐	Day 19 ☐	Day 20 ☐	Day 21 ☐
Day 22 ☐	Day 23 ☐	Day 24 ☐	Day 25 ☐	Day 26 ☐	Day 27 ☐	Day 28 ☐

Safety: Move within a pain-free range and keep your breathing natural. Stop if you feel dizzy or short of breath. If you have a health condition, ask your doctor before starting.

Want guided audio and video for all 28 days? Get the free Tai Chi Coach app: <https://taichi.help>

Based on general Tai Chi practice and public guidance from the US National Center for Complementary and Integrative Health (NCCIH).