



GROW MY HEALING POWER

100 DAYS OF QIGONG

- Strengthen and cultivate. Practice 100 days of Qigong to balance my Yin and Yang, and train my Qi. Building a solid Qigong foundation.
- Practice SFQ Five Element Qigong for Physical Movement.
 - Practice Small Universe Meditation for Internal Refinement.
 - No practice on Day 50 and Day 100.

MY START DATE: _____

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|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------------------|
| 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 | DAY 29 | DAY 30 |
| DAY 31 | DAY 32 | DAY 33 | DAY 34 | DAY 35 | DAY 36 | DAY 37 | DAY 38 | DAY 39 | DAY 40 |
| DAY 41 | DAY 42 | DAY 43 | DAY 44 | DAY 45 | DAY 46 | DAY 47 | DAY 48 | DAY 49 | DAY 50 |
| DAY 51 | DAY 52 | DAY 53 | DAY 54 | DAY 55 | DAY 56 | DAY 57 | DAY 58 | DAY 59 | DAY 60 |
| DAY 61 | DAY 62 | DAY 63 | DAY 64 | DAY 65 | DAY 66 | DAY 67 | DAY 68 | DAY 69 | DAY 70 |
| DAY 71 | DAY 72 | DAY 73 | DAY 74 | DAY 75 | DAY 76 | DAY 77 | DAY 78 | DAY 79 | DAY 80 |
| DAY 81 | DAY 82 | DAY 83 | DAY 84 | DAY 85 | DAY 86 | DAY 87 | DAY 88 | DAY 89 | DAY 90 |
| DAY 91 | DAY 92 | DAY 93 | DAY 94 | DAY 95 | DAY 96 | DAY 97 | DAY 98 | DAY 99 | DAY 100 |