



7-DAY TAI CHI

STRENGTH • BALANCE • MOBILITY

SIMPLE HABITS. A STRONGER ROUTINE.

DAY 1 – BEGIN GENTLY

8-Minute Balance Flow



Drink more water

TAI CHI ☐

HABIT ☐

DAY 2 – WALK AND FLOW

10-Minute Full-Body Flow



Take a 10-20 minute walk

TAI CHI ☐

HABIT ☐

DAY 3 – WAIST AND CORE

8-Minute Strength Tai Chi Flow



Include protein with each meal

TAI CHI ☐

HABIT ☐

DAY 4 – BALANCE AND MOBILITY



10-Minute Tai Chi Flow

Stand and move every hour

TAI CHI ☐

HABIT ☐

DAY 5 – LEGS AND STRENGTH



8-Minute Balance Tai Chi Flow

Fill half your plate with vegetables

TAI CHI ☐

HABIT ☐

DAY 6 – FULL-BODY FLOW



10-Minute Tai Chi Full-Body Flow

Choose water instead of sugary drinks

TAI CHI ☐

HABIT ☐



DAY 7 – RESTORE AND REFLECT

10-Minute Energy Restorative Flow

Sleep well and reflect ☐

TAI CHI ☐

HABIT ☐