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Progress Chart

If you can't measure it, you can't manage it. The *Progress Chart* will help you to measure your progress. The more progress you measure, the more motivated you'll be to practice; the more motivated you are, the more progress you'll make. Post this chart on your refrigerator or someplace convenient and get in the habit of updating it at least once a week. Some common areas of improvement are listed on the left. Add categories that are relevant to you, and cross out ones that are not. Measure each category on a scale of 1 to 10 (see below).

Ability to cope with stress													
Ability to feel "Qi"													
Afternoon energy levels													
Anxiety													
Appetite													
Athletic performance													
Bowel regularity													
Chronic pain													
Concentration													
Depression													
Emotional unrest													
Fatigue													
Immunity to colds & flu													
Menstrual pain													
Morning energy levels													
Productivity at work													
Recovery from colds & flu													
Sleep quality													
Spiritual fulfillment													
Zest for life													

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