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If you can't measure it, you can't manage it. The *Flowing Zen 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.