

T'AI CHI CH'UAN GUIDE

by Robert Goodwin

Time : **Location :** **Temperature :**

Clothing :

<u>Mood :</u>	Before	After
mentally	<input type="text"/>	<input type="text"/>
physically	<input type="text"/>	<input type="text"/>
spiritually	<input type="text"/>	<input type="text"/>
relaxation	<input type="text"/>	<input type="text"/>

Overall :

Preparations :

Round No. 1 at :	<input type="text"/>	am, Ended at	<input type="text"/>	am, Overall rating	<input type="text"/>
Round No. 2 at :	<input type="text"/>	am, Ended at	<input type="text"/>	am, Overall rating	<input type="text"/>
Round No. 3 at :	<input type="text"/>	am, Ended at	<input type="text"/>	am, Overall rating	<input type="text"/>
Round No. 4 at :	<input type="text"/>	am, Ended at	<input type="text"/>	am, Overall rating	<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>
	<input type="text"/>		<input type="text"/>		<input type="text"/>
Last round at :	<input type="text"/>	pm, Ended at	<input type="text"/>	pm, Overall rating	<input type="text"/>

Number of rounds completed today :