



FINISH STRONG 2026

TAI CHI TRAINING COMPLETION CHALLENGE

*Start where you are. Set your own milestones. Keep moving toward certification by **December 15, 2026**.*

MY BIG PICTURE

Name: _____

Today's date: _____

☐ I accept the Challenge!

MY CURRENT STATUS

I estimate that I am about _____ % complete

(to estimate, go to "My Courses", then "My Grades" in the left navigation)

The lesson where I am starting this challenge: _____

MY PLAN TO FINISH

MY WEEKLY COMMITMENT	WHAT WILL HELP ME STAY ON TRACK?
I will practice ____ days each week.	☐ Put practice on my calendar
I will plan about ____ minutes per practice.	☐ Use the weekly tracker
I will complete about ____ lesson(s)/module(s) each week.	☐ Join accountability/community check-ins
	☐ Ask for help when I get stuck
	☐ Other: _____

MY MILESTONE TRACKER

How to use the tracker:

1. Set your finish date for the final step or use the preset date of December 15.
2. Work backward from your finish date to set a target date for each milestone or simply follow the preset dates.

Prefer your own timeline or milestones? Replace the preset ones with your own.

OCT 15	NOV 15	DEC 1	DEC 7	DEC 15
____ % of lessons done	____ % of lessons done	☐ Finish all the lessons	☐ Finish the final exam	☐ Submit the video for the demo
Checkpoint 1	Checkpoint 2	☐ Start prepping for final exam and demo video	☐ Start videotaping for the demo	

MY WEEKLY PROGRESS TRACKER

Small, consistent steps can add up to big progress.

Week	My Lesson Goal	Self-Practice goal	Done	Notes / Reflections (i.e. Something I'm proud of, a challenge I overcame, what is helping me keep going, etc.)
1			☐	
2			☐	
3			☐	
4			☐	
5			☐	
6			☐	
7			☐	
8			☐	
9			☐	
10			☐	
11			☐	
12			☐	
13			☐	
14			☐	
15			☐	