

Dragon Energy Exercises Tracking Form

NAME:

MONTH:

Is there a correlation between doing Energy practices and getting results? **YES!!**

Track Your Energy Practice Progress! Do them every hour to soar!

Day of Week/Date:	Breathing	Mental	Physical	Catapult Call	# COMPLETED
MONDAY ____/____					
TUESDAY ____/____					
WEDNESDAY ____/____					
THURSDAY ____/____					
FRIDAY ____/____					
SATURDAY ____/____					
SUNDAY ____/____					
MONDAY ____/____					
TUESDAY ____/____					
WEDNESDAY ____/____					
THURSDAY ____/____					
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THURSDAY ____/____					
FRIDAY ____/____					
SATURDAY ____/____					
SUNDAY ____/____					