

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 ___ / ___					
FRIDAY ___ / ___					
SATURDAY ___ / ___					
SUNDAY ___ / ___					
MONDAY ___ / ___					
TUESDAY ___ / ___					
WEDNESDAY ___ / ___					
THURSDAY ___ / ___					
FRIDAY ___ / ___					
SATURDAY ___ / ___					
SUNDAY ___ / ___					
MONDAY ___ / ___					
TUESDAY ___ / ___					
WEDNESDAY ___ / ___					
THURSDAY ___ / ___					
FRIDAY ___ / ___					
SATURDAY ___ / ___					
SUNDAY ___ / ___					