

100-Day Gong

'Gong' means 'work', indeed 'Qi Gong' means 'Energy work'.

To do a 'gong' means to do a sustained period of work or practice. In the context of qigong, this means to do your daily practice for a considerable time without missing a day. In Chi-lei qigong we take this to be 100 days. So, for example if you decided to do a gong of the 'Lift Chi Up Pour Chi Down' form, you would have to do it every day for 100 days. If you miss a day - you have to start all over again! It's quite a challenge and a great way of building up willpower and discipline. More importantly, it's only through sustained practice that your qigong efforts will begin to bear fruit. This is why we do gongs.

Daily Practice _____

1	<input type="checkbox"/>	2	<input type="checkbox"/>	3	<input type="checkbox"/>	4	<input type="checkbox"/>	5	<input type="checkbox"/>	6	<input type="checkbox"/>	7	<input type="checkbox"/>	8	<input type="checkbox"/>	9	<input type="checkbox"/>	10	<input type="checkbox"/>
11	<input type="checkbox"/>	12	<input type="checkbox"/>	13	<input type="checkbox"/>	14	<input type="checkbox"/>	15	<input type="checkbox"/>	16	<input type="checkbox"/>	17	<input type="checkbox"/>	18	<input type="checkbox"/>	19	<input type="checkbox"/>	20	<input type="checkbox"/>
21	<input type="checkbox"/>	22	<input type="checkbox"/>	23	<input type="checkbox"/>	24	<input type="checkbox"/>	25	<input type="checkbox"/>	26	<input type="checkbox"/>	27	<input type="checkbox"/>	28	<input type="checkbox"/>	29	<input type="checkbox"/>	30	<input type="checkbox"/>
31	<input type="checkbox"/>	32	<input type="checkbox"/>	33	<input type="checkbox"/>	34	<input type="checkbox"/>	35	<input type="checkbox"/>	36	<input type="checkbox"/>	37	<input type="checkbox"/>	38	<input type="checkbox"/>	39	<input type="checkbox"/>	40	<input type="checkbox"/>
41	<input type="checkbox"/>	42	<input type="checkbox"/>	43	<input type="checkbox"/>	44	<input type="checkbox"/>	45	<input type="checkbox"/>	46	<input type="checkbox"/>	47	<input type="checkbox"/>	48	<input type="checkbox"/>	49	<input type="checkbox"/>	50	<input type="checkbox"/>
51	<input type="checkbox"/>	52	<input type="checkbox"/>	53	<input type="checkbox"/>	54	<input type="checkbox"/>	55	<input type="checkbox"/>	56	<input type="checkbox"/>	57	<input type="checkbox"/>	58	<input type="checkbox"/>	59	<input type="checkbox"/>	60	<input type="checkbox"/>
61	<input type="checkbox"/>	62	<input type="checkbox"/>	63	<input type="checkbox"/>	64	<input type="checkbox"/>	65	<input type="checkbox"/>	66	<input type="checkbox"/>	67	<input type="checkbox"/>	68	<input type="checkbox"/>	69	<input type="checkbox"/>	70	<input type="checkbox"/>
71	<input type="checkbox"/>	72	<input type="checkbox"/>	73	<input type="checkbox"/>	74	<input type="checkbox"/>	75	<input type="checkbox"/>	76	<input type="checkbox"/>	77	<input type="checkbox"/>	78	<input type="checkbox"/>	79	<input type="checkbox"/>	80	<input type="checkbox"/>
81	<input type="checkbox"/>	82	<input type="checkbox"/>	83	<input type="checkbox"/>	84	<input type="checkbox"/>	85	<input type="checkbox"/>	86	<input type="checkbox"/>	87	<input type="checkbox"/>	88	<input type="checkbox"/>	89	<input type="checkbox"/>	90	<input type="checkbox"/>
91	<input type="checkbox"/>	92	<input type="checkbox"/>	93	<input type="checkbox"/>	94	<input type="checkbox"/>	95	<input type="checkbox"/>	96	<input type="checkbox"/>	97	<input type="checkbox"/>	98	<input type="checkbox"/>	99	<input type="checkbox"/>	100	<input type="checkbox"/>

Start Date _____

Completion Date _____