

## 100 Day Challenge – Ba Duan Jin – Eight Pieces of Brocade

1. Goal: 100 consecutive days of doing the Ba Duan Jin series of Qigong
2. How: Choose a time of day that suits you. It could be a different time each day, but the best way to ensure success is to do it the same time each day, or before or after an activity that you do each day (examples: after your brush your teeth, or after you come back from your daily walk)
3. Check off on your accomplishment on the sheet you downloaded [here](#), or on the app you downloaded (recommened: [Goal Tracker](#))
4. That's it!
5. I will send out resources over the course of the challenge but here are a few:
  - a. My youtube playlist:  
[https://youtube.com/playlist?list=PLmyYHJ8KG6qLm8qY-Bcs4TE6Jw9sYkv\\_7&si=b2N5av19AUYQ8ZLV](https://youtube.com/playlist?list=PLmyYHJ8KG6qLm8qY-Bcs4TE6Jw9sYkv_7&si=b2N5av19AUYQ8ZLV)
  - b. My website with info about the challenge as well as detailed explanation of Ba Duan Jin [here](#)