

Fragrant Qigong 90-Day Challenge Journal

# Fragrant Qigong



90-DAY CHALLENGE JOURNAL

**Your  
Journey  
Your  
Journal**





# Fragrant Qigong 90-Day Challenge Journal

Day 1	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 2	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 3	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 4	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 5	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 6	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 7	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 8	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 9	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 10	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



***MIND***

*is not a dustbin to keep anger, hatred and jealousy.*

*But it is the treasure box to keep,  
love, happiness and sweet memories.*

*e-buddism.com*

# Fragrant Qigong 90-Day Challenge Journal

Day 11	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



## Fragrant Qigong 90-Day Challenge Journal

Day 12	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 13	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 14	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 15	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 16	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 17	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 18	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 19	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 20	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

## Fragrant Qigong 90-Day Challenge Journal



*Where there's hope, there's life,  
It fills us with fresh courage  
and makes us strong again*

*Anne Frank*

# Fragrant Qigong 90-Day Challenge Journal

Day 21	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

NOTES

# Fragrant Qigong 90-Day Challenge Journal

Day 22	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 23	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 24	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 25	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 26	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 27	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 28	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 29	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 30	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

*Keep watering yourself  
You're growing*

*E. Russell*



# Fragrant Qigong 90-Day Challenge Journal

Day 31	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 32	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 33	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 34	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 35	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 36	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 37	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 38	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 39	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 40	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal



*Feelings are just visitors.  
Let them come  
and go.*

*Mooji*



# Fragrant Qigong 90-Day Challenge Journal

Day 41	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 42	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 43	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 44	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 45	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 46	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 47	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 48	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 49	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

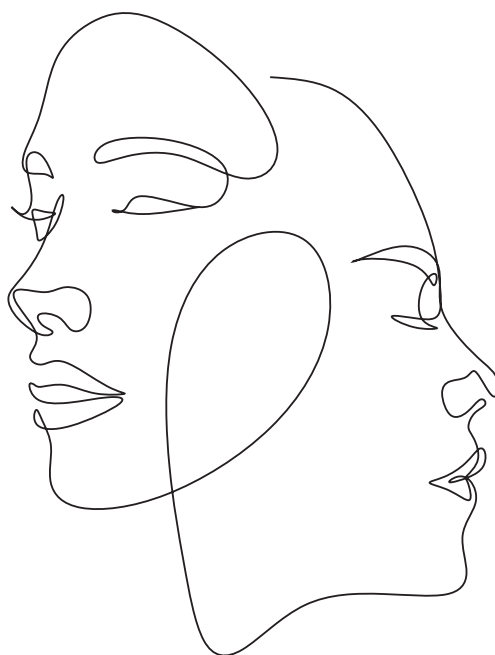
Day 50	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

Fragrant Qigong 90-Day Challenge Journal

*If you're not positive energy,  
you're negative energy*

*Mark Cuban*



# Fragrant Qigong 90-Day Challenge Journal

Day 51	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 52	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 53	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 54	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 55	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 56	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 57	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 58	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 59	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 60	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

*Keep Going  
Keep Growing  
Because  
you didn't come this far  
just to come this far*

*Tom Brady*



# Fragrant Qigong 90-Day Challenge Journal

Day 61	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 62	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 63	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 64	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 65	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 66	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 67	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 68	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 69	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 70	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

NOTES



Fragrant Qigong 90-Day Challenge Journal

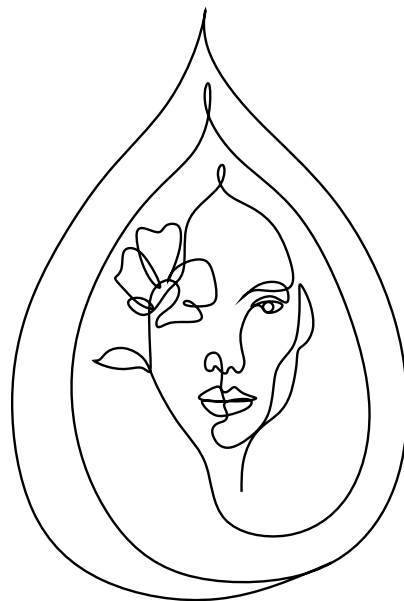
*Anxiety happens when you think you have to  
figure everything out at once.*

*Breathe, you're strong.*

*You got this.*

*Take it day by day.*

*Karen Salmanshon*



# Fragrant Qigong 90-Day Challenge Journal

Day 71	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 72	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 73	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 74	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 75	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 76	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 77	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 78	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 79	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

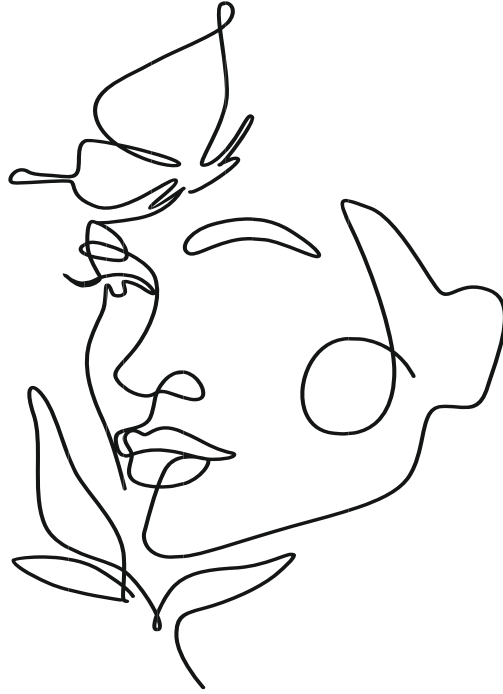
**NOTES**

## Fragrant Qigong 90-Day Challenge Journal

Day 80	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

Fragrant Qigong 90-Day Challenge Journal



*The Best Project You'll  
Ever Work on is You*

*Sonny Franco*

# Fragrant Qigong 90-Day Challenge Journal

Day 81	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 82	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 83	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 84	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**



# Fragrant Qigong 90-Day Challenge Journal

Day 85	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 86	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 87	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 88	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 89	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

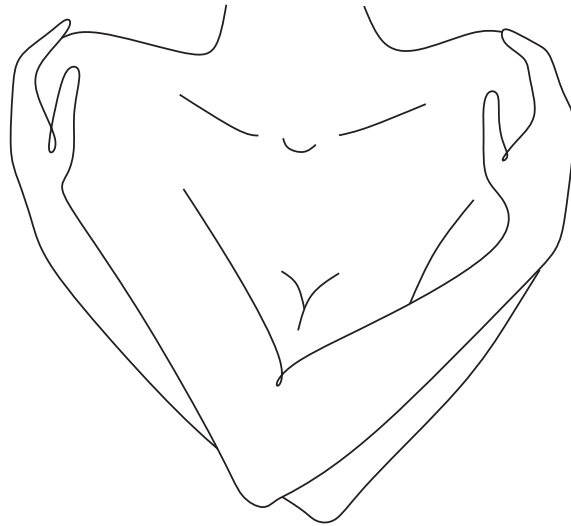
**NOTES**

# Fragrant Qigong 90-Day Challenge Journal

Day 90	1 <sup>st</sup> Practice	2 <sup>nd</sup> Practice
Fragrant Smell	_____	_____
Yawning	_____	_____
Cold Feeling	_____	_____
Tiredness	_____	_____
Hot Feeling	_____	_____
Passing Wind	_____	_____
Sweating	_____	_____
Trembling	_____	_____
Tingling	_____	_____
Itching	_____	_____
Crying	_____	_____
Anger	_____	_____
Sadness	_____	_____
Grief	_____	_____
Happy	_____	_____

**NOTES**

Fragrant Qigong 90-Day Challenge Journal



*You yourself,  
as much as anybody in the entire  
universe, deserve your love and affection*

*Buddha*

Well done You have completed the Fragrant Qigong  
90-Day challenge.

Without looking at the first pages of your journal,  
please write down how you are feeling about your  
current state of health, both mentally and physically.  
Also note any lifestyle habits that may have changed  
over the last 90 days such as drinking alcohol, smoking  
or overeating. Please also note down what you feel our  
energy level is like now.

When you have done this you can go back to the  
beginning of the journal to compare your health now  
and at the start of your Fragrant Qigong journey.

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## Fragrant Qigong 90-Day Challenge Journal

I do hope Fragrant Qigong has improved your health and well-being, and I would encourage you to continue your practice for another 90 days to ensure your continued health recovery. If you have enjoyed practicing Fragrant Qigong level 1 you can then go on to practice Fragrant Qigong Level 2, which is specifically for maintaining health, longevity, and youthfulness.

Check out my website for details:

[www.taichiandlemons@gmail.com](http://www.taichiandlemons@gmail.com)

# Fragrant Qigong 90-Day Challenge Journal

## Fragrant Qigong 90-Day Challenge Journal

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