



Foundation level practice plan
15 weeks - Three sessions per week

| Week | Day & Time | Session | Completed |
|-------------|-----------------------|----------------------|------------------|
| 1 | | Foundation Session 1 | |
| 1 | | Foundation Session 2 | |
| 1 | | Foundation Session 2 | |
| 2 | | Foundation Session 2 | |
| 2 | | Foundation Session 3 | |
| 2 | | Foundation Session 4 | |
| 3 | | Foundation Session 4 | |
| 3 | | Foundation Session 4 | |
| 3 | | Foundation Session 2 | |
| 4 | | Foundation Session 2 | |
| 4 | | Foundation Session 4 | |
| 4 | | Foundation Session 4 | |
| 5 | | Foundation Session 5 | |
| 5 | | Foundation Session 5 | |
| 5 | | Foundation Session 6 | |
| 6 | | Foundation Session 6 | |
| 6 | | Foundation Session 6 | |
| 6 | | Foundation Session 4 | |
| 7 | | Foundation Session 6 | |
| 7 | | Foundation Session 7 | |
| 7 | | Eye exercise session | |



Forceful Tranquility

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|----|--|-----------------------|--|
| 8 | | Foundation Session 7 | |
| 8 | | Foundation Session 8 | |
| 8 | | Foundation Session 8 | |
| 9 | | Foundation Session 8 | |
| 9 | | Foundation Session 6 | |
| 9 | | Foundation Session 7 | |
| 10 | | Foundation Session 9 | |
| 10 | | Foundation Session 9 | |
| 10 | | Foundation Session 9 | |
| 11 | | Foundation Session 4 | |
| 11 | | Foundation Session 9 | |
| 11 | | Foundation Session 9 | |
| 12 | | Foundation Session 6 | |
| 12 | | Eye exercise session | |
| 12 | | Foundation Session 9 | |
| 13 | | Foundation Session 10 | |
| 13 | | Foundation Session 10 | |
| 13 | | Foundation Session 10 | |
| 14 | | Foundation Session 7 | |
| 14 | | Foundation Session 10 | |
| 14 | | Foundation Session 10 | |
| 15 | | Foundation Session 6 | |
| 15 | | Foundation Session 10 | |
| 15 | | Foundation Session 10 | |



Forceful Tranquility

How to use this practice plan:

Print it out. Decide in advance on when you are going to practice. Note day and time in the corresponding column. When you have done the session, mark it as complete.