

SYNCH with Nature's Cycles to FIND Your Rhythm

	SAT	SUN	MON	TUES	WED	THU	FRI
5 am							
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							
1 am							

DOWNBEATS:  sunrise  arise B breakfast L lunch D dinner  retire

UPBEATS:  exercise  replenishing ritual/activity + accomplishment