

EXERCISE 6.3 RHYTHM CHART

Name: _____ Month: _____ Week: _____

At the same time each day, fill in the chart below. For “People Present” use the rating system at the top left to record who you were with and their involvement with you. Calculate your “Daily Rhythm Score” at the bottom: give yourself 1 point for each activity you did NOT do, and ones that were NOT started within 45 minutes of your “Average Time”. Give yourself 1 point if you were “Actively Involved” with one only person during the day; two points if not “Actively Involved” with anyone.

For "People Present": 0 = You were alone 1 = With your spouse/partner 2 = With your children 3 = With other relatives 4 = With Other/s a = Just present b = Actively involved Activity	Sun			Mon			Tues			Wed			Thurs			Fri			Sat		
	Check if did NOT do	Clock Time (am/pm)	People Present	Check if did NOT do	Clock Time (am/pm)	People Present	Check if did NOT do	Clock Time (am/pm)	People Present	Check if did NOT do	Clock Time (am/pm)	People Present	Check if did NOT do	Clock Time (am/pm)	People Present	Check if did NOT do	Clock Time (am/pm)	People Present	Check if did NOT do	Clock Time (am/pm)	People Present
Out of bed																					
First contact (in person or by phone) with another person																					
Have morning beverage																					
Have breakfast																					
Go outside for the first time																					
Start work, school, child /family care, volunteer activities, housework																					
Have lunch																					
Take an afternoon nap																					
Have dinner																					
Physical exercise																					
Have an evening snack/drink																					
Watch evening TV news																					
Watch another TV program																					
Activity A																					
Activity B																					
Return home (last time)																					
Go to bed																					

Daily Rhythm Score: _____