

# Daily Rhythm

A rhythm is a routine that creates a framework for your day. Planning a daily rhythm will help you connect, stay focused, get organized, keep your household running smoothly, and find the time to do the things you love.

MORNING RHYTHM

	Activity	Time Allotted
1		
2		
3		
4		
5		
6		
7		

DAYTIME RHYTHM

	Activity	Time Allotted
1		
2		
3		
4		
5		
6		
7		

EVENING RHYTHM

	Activity	Time Allotted
1		
2		
3		
4		
5		
6		
7		

NIGHT RHYTHM

	Activity	Time Allotted
1		
2		
3		
4		
5		
6		
7		