

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.

Σ		Activity	Time Allotted
MORNING RHYTHM	1		
	2		
	3		
	4		
Z	5		
О	6		
Σ	7		
_		Activity	Time Allotted
Σ	1	Therivity	
\succeq	2		
H H	3		
Ш	4		
DAYTIME RHYTHM	5		
A	6		
	7		
		Activity	Time Allotted
Σ	1	Activity	Time Allotted
XHLX	1	Activity	Time Allotted
RHYTHM	2	Activity	Time Allotted
G RHYTHM	2	Activity	Time Allotted
EING RHYTHM	2 3 4	Activity	Time Allotted
ENEING RHYTHM	2 3 4 5	Activity	Time Allotted
EVENEING RHYTHM	2 3 4	Activity	Time Allotted
EVENEING RHYTHM	2 3 4 5 6		
	2 3 4 5 6 7	Activity	Time Allotted
	2 3 4 5 6 7		
	2 3 4 5 6 7 1 2 3 4 5		
NIGHT RHYTHM EVENEING RHYTHM	2 3 4 5 6 7		