

Biorhythm Project

According to a theory called biorhythm, everyone has three inner rhythms that start at birth: a 23 day physical cycle, a 28 day emotional cycle, and a 33 day intellectual cycle. Each cycle consists of a high period, a low period, and a critical transition day when a person moves from one period to the other. These three cycles can be graphed so that a person can determine in advance when “good” and “bad” days will occur. The graph of each biorhythm cycle is a sine wave.

Select a family member to find the biorhythm cycles for.

State:

- Who you are finding the biorhythm for
- Their birthdate
- Their age in days
_____ was _____ days old on _____
 - Show your calculations for finding the age in days
- What is the ranking system you are using
 - Needs to be different from your original ranking system
 - The midline should not be zero
- For each cycle state the start day, high day, mid-day, low day and end day
Start = _____
High = _____
Mid = _____
Low = _____
End = _____
- For each cycle state the amplitude, period, horizontal shift, and vertical shift
Amplitude = _____
Period = _____
Horizontal Shift = _____
Vertical Shift = _____
- For each cycle find the b -value and c -value for the equation
- Write the equation for each cycle
- Sketch a graph for each cycle
 - Be sure to label your x-axis appropriately

_____ Birthdate is _____ and was
_____ days old on _____

Ranking system

High _____

Low _____

Physical

Emotional

Intellectual

Start = _____

Start = _____

Start = _____

High = _____

High = _____

High = _____

Mid = _____

Mid = _____

Mid = _____

Low = _____

Low = _____

Low = _____

End = _____

End = _____

End = _____

Physical

Emotional

Intellectual

Amplitude = _____

Amplitude = _____

Amplitude = _____

Period = _____

Period = _____

Period = _____

H. Shift = _____

H. Shift = _____

H. Shift = _____

V. Shift = _____

V. Shift = _____

V. Shift = _____

Physical

Emotional

Intellectual

b-value = _____

b-value = _____

b-value = _____

c-value = _____

c-value = _____

c-value = _____

Equations:

Physical: _____

Emotional: _____

Intellectual: _____