

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.

You will rank each category, each day for the next 33 days. You can choose your ranking system.

You will also need to know how many days old you are.

Calculate the number of days you have lived as of **August 31**.

- Multiply your age times 365.
- Add the number of leap years you have lived through (they occur every 4 years; the last one was in 2012).
- Add the number of days since your last birthday till August 31.
- The final figure will be the number of days you have been alive.

Ex. Born **September 23, 1997**:

$$15 \times 365 = 5475 \rightarrow 5475 + 4 = 5479 \rightarrow$$

$$5479 + 7 \text{ (end of Sept)} + 31 \text{ (Oct)} + 30 \text{ (Nov)} + 31 \text{ (Dec)} + 31 \text{ (Jan)} + 28 \text{ (Feb)} \\ + 31 \text{ (March)} + 30 \text{ (April)} + 31 \text{ (May)} + 30 \text{ (June)} + 31 \text{ (July)} + 31 \text{ (August)} = \\ \mathbf{5817}$$

Name: _____

As of August 31, I am _____ days old.

My ranking system is:

Keep track of how your days go – physically, emotionally and intellectually

Date	Day #	Physical	Emotional	Intellectual
September 1	1			
September 2	2			
September 3	3			
September 4	4			
September 5	5			
September 6	6			
September 7	7			
September 8	8			
September 9	9			
September 10	10			
September 11	11			
September 12	12			
September 13	13			
September 14	14			
September 15	15			
September 16	16			
September 17	17			
September 18	18			
September 19	19			
September 20	20			
September 21	21			
September 22	22			
September 23	23			
September 24	24			
September 25	25			
September 26	26			
September 27	27			
September 28	28			

September 29	29			
September 30	30			
October 1	32			
October 2	33			
October 3	34			
October 4	35			
October 5	36			
October 6	37			
October 7	38			
October 8	39			
October 9	40			
October 10	41			
October 11	42			
October 12	43			
October 13	44			
October 14	45			
October 15	46			
October 16	47			
October 17	48			
October 18	49			
October 19	50			
October 20	51			
October 21	52			
October 22	53			
October 23	54			
October 24	55			
October 25	56			
October 26	57			
October 27	58			
October 28	59			
October 29	60			
October 30	61			

