













## Social rhythm metric

Your body’s internal clock thrives on consistency. By tracking your “social anchors” (the times you eat, sleep, and interact with others) you can stabilize your biological rhythm and protect your mood. The goal is to stay within 30 minutes of your target times throughout the week.

Log your anchor times and the “who” code (0-7). Consistency within 30m of your Target supports mood stability.

Activity Anchors	Target	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
		Time	Who	Time	Who	Time	Who	Time	Who	Time	Who	Time	Who	Time	Who
 Time out of bed															
 First contact															
 Breakfast															
 Went outside															
 Main activity															
 Lunch															
 Dinner															
 Physical exercise															
 Other															
 Returned home															
 Time to bed															
 Mood rating (-5 to +5)															

**Social Codes:** 0 = Alone | 1 = Partner | 2 = Child | 3 = Family | 4 = Friend | 5 = Work | 6 = Pro | 7 = Other

Log your anchor times and the social codes (0-7) for "Who". Consistency supports mood stability.

Activity Anchors	Target	Mon		Tue		Wed		Thu		Fri		Sat		Sun	
		Time	Who	Time	Who	Time	Who	Time	Who	Time	Who	Time	Who	Time	Who
[Rise] Time out of bed															
[Hello] First contact															
[Fuel] Breakfast															
[Light] Went outside															
[Start] Main activity															
[Noon] Lunch															
[Evening] Dinner															
[Move] Physical exercise															
[Focus] Other															
[Home] Returned home															
[Rest] Time to bed															
[Mood] (-5 to +5)															

**Social Codes:** 0 = Alone | 1 = Partner | 2 = Child | 3 = Family | 4 = Friend | 5 = Work | 6 = Pro | 7 = Other

### Reflection

How many days this week did you stay within 30 minutes of your targets? Did your mood rating improve on those

### Discussion point

Which anchor was the hardest to keep consistent this week? Let's explore why in our next session.