Daily rhythm template

A frame for the day with three fixed points that holds even in a bad period.

> In distress the timetable falls apart, and a shapeless day deepens the distress. An ambitious timetable falls at the first bad day; **three points hold**. Everything else is a bonus: if the day works on those three, it worked.

My three points

A fixed waking time — the same every day, even after a bad night

One meal at the same hour

One thing outdoors

Two weeks

DATE	GOT UP AT	MEAL	OUTDOORS	HOW THE DAY WAS 1–5

After two weeks

Which point is hardest, and why?