

A Rhythm You Can Keep

Builds a rough pattern of when you eat, using the week you actually have.

WHEN TO USE THIS

Use this on a quiet day when you can think about the week ahead.

This is about when, not how much. Regular times take some of the deciding out of the day, which is the point.

Sketch out times that would fit your real week, not an ideal one.

TIME OF DAY	WHERE I USUALLY AM

Which of those would be hardest to keep, and what gets in the way?

What would make that one easier?

An alarm, food you can carry, someone who eats at the same time.

A rhythm you can keep beats a perfect plan you cannot. Loose is fine.