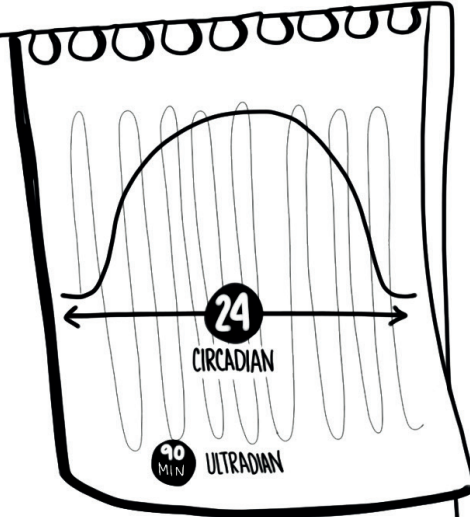


# CIRCADIAN + ULTRADIANS

THE WORKSHEET

TIMELINE



## PLAN YOUR DAY:

- 1 CAP YOUR WORK BURSTS AT 90 MIN
- 2 TAKE REAL BREAKS FOR 15-20 MIN - HOW DO YOU RECOVER?