



Life Style Medicine

Global Alliance for Perfect Health through Health educare

Personalized Daily Life Style Schedule

Mr. /Ms

Activities	Current Timings	Recommended Timings	Duration	Comments
Bed Time				
Sleep Time				
Wake up time				
Morning chores				
Personal Space AM				
Breakfast				
Post Food rest				
Mid Morning Workout				
Lunch				
Post Food rest				
Afternoon nap				
Evening snack time				
Personal space PM				
Dinner				
Post food rest				
Gentle walk				
Planning for next day				
Winding down				
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Attuning your physiology with Natural Cycles for Perfect Health
Life Style Solutions for a lifetime