

Ultradian Rhythm Tracker

Track Your Energy, Mood, and Rhythmic Flow

Created for the Rhythmic Performance Project

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Ultradian Rhythm Tracker — How to Use

This tracker helps you observe your body's natural 90-minute focus cycles.

- Each work session is followed by a 20-minute recovery period.
- If you're unable to break, try shifting task types or use micro-moments to reset.
- Hydrate, stretch, or breathe slowly for 60 seconds.

Log your energy (1-10) and mood. You'll begin to notice your personal rhythm patterns.

Use this to plan deep work, client meetings, or creative flow with greater ease.

The 'Primary System Involved' column gives a physiological perspective to each cycle.

Monday — Ultradian Tracker

Start Time	End Time	Activity Type	Primary System Involved	Energy (1-10)	Mood / Notes
08:00	09:30	Work Session	Brain / Central Nervous System		
09:30	09:50	Recovery Break	Digestive System		
09:50	11:20	Work Session	Cardiovascular System		
11:20	11:40	Recovery Break	Muscular / Skeletal System		
11:40	13:10	Work Session	Respiratory System		
13:10	13:30	Recovery Break	Liver / Detoxification		
13:30	15:00	Work Session	Endocrine System		
15:00	15:20	Recovery Break	Kidneys / Elimination		
15:20	16:50	Work Session	Reproductive System		
16:50	17:10	Recovery Break	Immune System		

Tuesday — Ultradian Tracker

Start Time	End Time	Activity Type	Primary System Involved	Energy (1-10)	Mood / Notes
08:00	09:30	Work Session	Brain / Central Nervous System		
09:30	09:50	Recovery Break	Digestive System		
09:50	11:20	Work Session	Cardiovascular System		
11:20	11:40	Recovery Break	Muscular / Skeletal System		
11:40	13:10	Work Session	Respiratory System		
13:10	13:30	Recovery Break	Liver / Detoxification		
13:30	15:00	Work Session	Endocrine System		
15:00	15:20	Recovery Break	Kidneys / Elimination		
15:20	16:50	Work Session	Reproductive System		
16:50	17:10	Recovery Break	Immune System		

Wednesday — Ultradian Tracker

Start Time	End Time	Activity Type	Primary System Involved	Energy (1-10)	Mood / Notes
08:00	09:30	Work Session	Brain / Central Nervous System		
09:30	09:50	Recovery Break	Digestive System		
09:50	11:20	Work Session	Cardiovascular System		
11:20	11:40	Recovery Break	Muscular / Skeletal System		
11:40	13:10	Work Session	Respiratory System		
13:10	13:30	Recovery Break	Liver / Detoxification		
13:30	15:00	Work Session	Endocrine System		
15:00	15:20	Recovery Break	Kidneys / Elimination		
15:20	16:50	Work Session	Reproductive System		
16:50	17:10	Recovery Break	Immune System		

Thursday — Ultradian Tracker

Start Time	End Time	Activity Type	Primary System Involved	Energy (1-10)	Mood / Notes
08:00	09:30	Work Session	Brain / Central Nervous System		
09:30	09:50	Recovery Break	Digestive System		
09:50	11:20	Work Session	Cardiovascular System		
11:20	11:40	Recovery Break	Muscular / Skeletal System		
11:40	13:10	Work Session	Respiratory System		
13:10	13:30	Recovery Break	Liver / Detoxification		
13:30	15:00	Work Session	Endocrine System		
15:00	15:20	Recovery Break	Kidneys / Elimination		
15:20	16:50	Work Session	Reproductive System		
16:50	17:10	Recovery Break	Immune System		

Friday — Ultradian Tracker

Start Time	End Time	Activity Type	Primary System Involved	Energy (1-10)	Mood / Notes
08:00	09:30	Work Session	Brain / Central Nervous System		
09:30	09:50	Recovery Break	Digestive System		
09:50	11:20	Work Session	Cardiovascular System		
11:20	11:40	Recovery Break	Muscular / Skeletal System		
11:40	13:10	Work Session	Respiratory System		
13:10	13:30	Recovery Break	Liver / Detoxification		
13:30	15:00	Work Session	Endocrine System		
15:00	15:20	Recovery Break	Kidneys / Elimination		
15:20	16:50	Work Session	Reproductive System		
16:50	17:10	Recovery Break	Immune System		

Saturday — Ultradian Tracker

Start Time	End Time	Activity Type	Primary System Involved	Energy (1-10)	Mood / Notes
08:00	09:30	Work Session	Brain / Central Nervous System		
09:30	09:50	Recovery Break	Digestive System		
09:50	11:20	Work Session	Cardiovascular System		
11:20	11:40	Recovery Break	Muscular / Skeletal System		
11:40	13:10	Work Session	Respiratory System		
13:10	13:30	Recovery Break	Liver / Detoxification		
13:30	15:00	Work Session	Endocrine System		
15:00	15:20	Recovery Break	Kidneys / Elimination		
15:20	16:50	Work Session	Reproductive System		
16:50	17:10	Recovery Break	Immune System		

Sunday — Ultradian Tracker

Start Time	End Time	Activity Type	Primary System Involved	Energy (1-10)	Mood / Notes
08:00	09:30	Work Session	Brain / Central Nervous System		
09:30	09:50	Recovery Break	Digestive System		
09:50	11:20	Work Session	Cardiovascular System		
11:20	11:40	Recovery Break	Muscular / Skeletal System		
11:40	13:10	Work Session	Respiratory System		
13:10	13:30	Recovery Break	Liver / Detoxification		
13:30	15:00	Work Session	Endocrine System		
15:00	15:20	Recovery Break	Kidneys / Elimination		
15:20	16:50	Work Session	Reproductive System		
16:50	17:10	Recovery Break	Immune System		