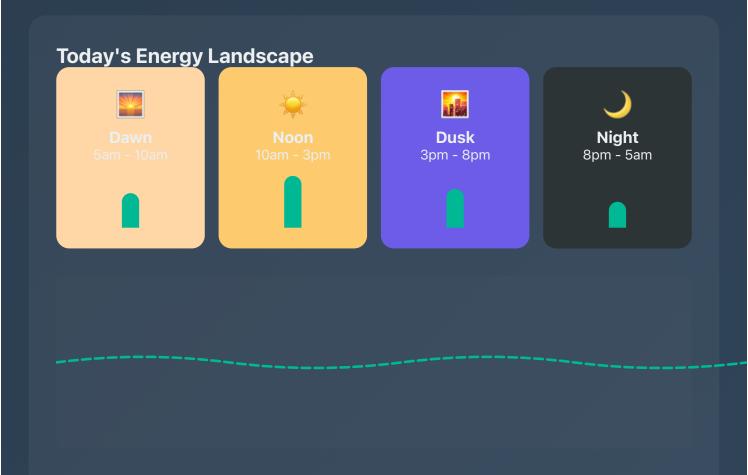
## **Daily Rhythm Tracker**

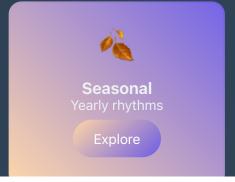
Your patterns are information, not judgment













## **Emerging Patterns (No Judgment)**

Morning Signature: Your dawn energy tends to be steady and clear

Afternoon Rhythm: Natural dip around 2pm is normal for your pattern

**Evening Capacity:** Second wind often arrives with sunset

Sleep Architecture: Your restoration happens in unique cycles

## There Is No "Normal"

Your rhythms are as unique as your fingerprint.

What matters is understanding YOUR patterns, not matching an ideal.

Honor your cycles. Work with them, not against them.

No data stored. No patterns judged. Just awareness