What's Your Rhythm? (The Tempo of Your Week)

Track your tempo during a full week by completing the chart below. Put a **B (ballad), M (medium), F (fast)** or **R (rest)** in the *left* (LIFE) column for what tempo you lived at for each hour of the day. If your *ideal* tempo for that time period was different than the tempo you lived, put the ideal tempo in the *right* (IDEAL) column. Visit http://en.wikipedia.org/wiki/Tempo if you would like to use more specific tempo markings.

Hours of the Day	**Monday**		**Tuesday**		**Wednesday**		**Thursday**		**Friday**		**Saturday**		**Sunday**	
	Life	Ideal	Life	Ideal	Life	Ideal	Life	Ideal	Life	Ideal	Life	Ideal	Life	Ideal
6:00 A.M.														
7:00														
8:00														
9:00														
10:00														
11:00														
12:00 PM.														
1:00														
2:00														
3:00														
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12:00A.M.														