Trigonometry Biorhythm Project

One popular use of sinusoid curves is in the area of biorhythms. You will be charting your biorhythms for emotional, physical, and intellectual rhythms, but first it will help for you to gain some background information. Read the following websites to learn about biorhythms and to chart your rhythm online. That will help you know how to do it on graph paper.

Basic information: http://www.mwmoriarty.com/biorhythms.html

Steps for charting your biorhythms:

1. Prepare graph paper with the x-axis of days, and y-axis that goes up and down 3 each way as we will make the curve with an amplitude of 3.

2. Compute the number of days you have been alive up to today's date.
-there are 365 days in a year
-add a day for each leap year: 1992, 1996, 2000, 2004, 2008
Record total days alive: _____

3. For each cycle, you need to compute where you are in the cycle. To do this:
a) Divide your days alive by the days in the cycle and keep the remainder. (decimal part)
b) Multiply the remainder by the number of days in the cycle to see how many days you have used up in the cycle. Then subtract from the days in the cycle so you know how many you will be graphing of the cycle you are currently in. (see examples from me on this step)
c) After counting out the current cycle days, start a new cycle and continue for the entire x-axis.
d) Draw curve with a pencil and then use a marker to color it to indicate the type of curve it is. Put a key on the paper somewhere.
**Green for the intellectual curve   (33 days)
**Blue for the emotional curve   (28 days)
**Red for the physical curve   (23 days)
e) Once one curve is done and colored, start the next one. Have someone check to see if the curve is correct before moving to the next one.
When done, put your name on it and turn it in for credit - worth 20 homework points.

The Biorhythm Project

The subject of biorhythms is based on the observation that every natural event runs according to an individual rhythm. It is thought that the person as a whole is subject to a personal time rhythm since birth, which influences events or changes by directing one's strengths and energies.

People have three rhythms, which shouldn't only be considered separately, but also in combination , because they mutually influence each other. Each one moves in the positive for the first half of the cycle then crosses over to the negative for the second half.

The shortest rhythm is the physical rhythm (red line) which lasts 23 days. It influences stamina, health, and the general physical condition.

The second rhythm is the mind or intellectual rhythm (green line). It lasts 33 days

and was discovered by Dr. Teltscher. This rhythm doesn't just reflect intellectual ability but also the mental state which is expressed in self-confidence.

The third rhythm is the emotional or the rhythm of the soul. It lasts 28 days and it influences sensitivity, creativity, and mood.

Why did the trigonometry class chart their biorhythms? Because the curves are variations of the sine graph, which is what was studied in the 4th chapter of our text. The students were able to see an application of the material that is different for each of them, since the rhythms start at the day of birth. Hopefully they learned something about trigonometry and themselves!

Biorhythm Chart