Biorhythm Cycles & Compatabilty - Graphs and Lists

1. <ALT B> - Selection Menu for Names, Dates, Documentation
2. Enter Start Date - a Sat or Sun is Good
3. NU & Graph Display Selections

	Names	Birthdates Month	Day	Year		
For Biorhythm Kit		8	26	39	8/26/39	
For Compatabi Ed		7	1	36	7/1/36	O
Biorhythm Start Date:		8	9	92	8/9/92	
				End Date:	9/20/92	

Compatability List at I2 - Tab once   If F10 displays a Graph instead of t
Biorhythm Listing for 1st. Person at (MENU Selection Screen - Click on
Biorhythm Listing for 2nd. Person at Background to get back to MENU
Biorhythm Description at B25 - Page Down
Macros and Menus at AE54 - AF92

Biorhythms

3 important Biological Rhythms begin the moment of b
everafter.

There are 3 Biorythm Cycles:
 1. A 23-day Physical Cycle
 2. A 28-day Emotional Cycle
 3. A 33-day Intellectual Cycle

A cycle starts at the CRITICAL (BASE) line, rises to a
crosses the CRITICAL Line, descends to a LOW, and ris
 The first half of each Cycle signals Strength, the secon
period of Re-charging, going from High gear to Low, the
The First and Last day of each Cycle, and Halfway throu
"Critical" Days, where the Cycle passes through the Cent
 You can equate HIGHS with GOOD, and CRITICALS
LOWS as being BAD, for the LOWS are a period of re-c
 People are effected in many different ways when their i

Cycles are HIGH, LOW or CRITICAL, and especially w
particularly when more than one Cycle is CRITICAL at t
  You'll be UNSTABLE, easily DISTRACTED, and mor
ILLNESS, ACCIDENTS, IRRATIONAL DECISIONS, ;
RUN-AWAYS on CRITICAL days.
  For example, if you have a DOUBLE CRITICAL - Emc
Day, not only will you be unstable Emotionally, but your
thought processing and decision making abilities will be
  A TRIPLE CRITICAL day (which happens once or tw:
that you might consider staying at home in bed, and will
you'll remember for awhile, as well as a TRIPLE HIGH c
more pleasant results and memories.
  The day you were born, each Cycle started on a CRITIC
were experiencing a TRIPLE CRITICAL day, because th
is one of the most CRITICAL of all.   Bioɪ
  DOUBLE CRITICAL days happen much more frequen
DOUBLE HIGH days, and also depending on which 2 C
can also be almost as memorable as TRIPLE CRITICA

::

  Bioryhthms do not determine how you will act and fe
potentials for your 3 Cycles.

  Bioryhthms are not an exactness or determination of v
or capacities. They are, in fact, and aid which you can 1
your life.

  The PHYSICAL cycle - the HIGH period is a time of
coordination, physical competence, and stamina. The I
time of lessening of energy, tiring more easily, and a ti
On the CRITICAL days, your body is in a state of flux
24-48 hour period where there is an increased potential
and accidents. This potential period is a time to be mor
what you are doing.

  The EMOTIONAL cycle - the HIGH period is a time
ness, compassion and goodwill predominate. During th
experience emotional negativism, edginess, and flatnes
indicate a potential for accident, as you could be more

cope with everyone and everything around you, becaus 23
patience to perform things with your usual care and att 24

25
   The INTELLECTUAL cycle - the HIGH period is a t 26
intellect is most active, and you can learn easily, remer 27
think more clearly. The LOW period is a time to conso 28
The CRITICAL days indicate a period of reduced abili 29
to think things through clearly. On a CRITICAL day, y 30
when making decisions or performing work that requir 31
Put off balancing your checkbook on a CRITICAL day 32

33
   The COMPOSITE cycle shown on the plots is the alg 34
other cycles. When you are HIGH in all 3 of your cycl 35
cycle will be VERY HIGH, and you'll find that everytl 36
will be golden on those days. On the LOW side, you'll 37
slump, and coasting along slowly. A CRITICAL days(38
one or more of your 3 cycles. The more cycles that col 39
COMPOSITE CRITICAL will determine just how CR 40
will be for you. Particularly CRITICAL days occur wh 41
cycle is descending steeply from a HIGH towards the (42
a time to exercise extreme caution.
::
::
                 Page 3.

  Compatability Notes:
  Compatability with another person is usually best when
average is 50% or greater. This means you are both in Sy
  You may think that 100% is the best, and it may be in o
in another. Two persons 100% Intellectually compatable,
extremely well in one scenerio, and another couple could
with one another. When both are HIGH at the same time,
want to press their point across at the same time, or "Giv
and not be willing to "Receive" information. The same h
Emotional Cycle. Two HIGHS or CRITICALS at the san
to some very interesting Emotional periods or experience

  Biorhythm Notes:
  Women - expecting a new arrival in the future ? Enter tl
beginning of your "Delivery-Month", and see where you
Cycles. A HIGH Physical period has its merits, and if yo

CRITICAL, then heed the warning and get plenty of rest
energy for the delivery room.

Some Biorhythm examples:
Enter - Marilyn Monroe's Birthdate (6/1/26)
Enter - the start date of (7/5/62)
  Marilyn's Bio on 7/27/62-7/31/62 shows her COMPOSI
and descending very steeply. Marilyn was found dead in
on 8/5/62, with an empty pill bottle by her side. It was a t
Physical day indeed. Notice her Emotional and Intellectu
close to CRITICAL.
Enter - James Dean's Birthdate (2/8/31)
Enter - the start date of (9/01/55)
  James's Bio on 9/23/55-9/28/55 shows his COMPOSITI
and descending very steeply. James was killed in a head-
9/30/55, while driving to Salinas, Ca., in his new Porsch
His Emotional cycle was approaching CRITICAL, and h
was LOW, indicating a period of irritability, impatience,
think clearly.
Enter - Richard Nixon's Birthdate (1/13/13)
Enter - the start date of (7/15/74)
  Nixon's Bio on 7/25/74 - 8/8/74 shows his COMPOSIT
CRITICAL, not rising very high, and descending back to
Nixon resigned on 8/9/74, and the days that followed we
health for him, as indicated by his COMPOSITE cycle be
::

Charting Your Biorhythm with a Calculator

1. Calculate the exact number of days from your Birthdat
   your choice (i.e. Today).
   Enter your age X 365 = M+ (Save to Memory)
   Enter 1 Day for each Leap Year(Feb 29) in your past- N
           Leap Years Listed Below
1904 |'08|'12|'16|'20|'24|'28|'32|'36|'40|'44|'48|'52|'60|'64|'68
|'80|'84|'88|'92|'96|(If you were born in a Leap Year BEF(

   Enter 1 Day for your last Birthday   M+ (Add to Memo
   Enter the number of days since your last Birthday (NO'

or today)   M+ (Add to Memory)
MR (Memory Recall) - will display the exact number of

Calculating the Day Number for each Cycle

PHYSICAL	EMOTIONAL	INTELLECTUAL Cycle:
MR / 23 =	MR / 28 =	MR / 33 =
- number to	- number to left o	- number to left of
decimal = X	decimal = X 28 =	decimal = X 33 =

The answer, in each case, is the no. of days you are "into

Notes:
Calculator Nomenclature: /   = Division Key
  M+ = Memory Plus or Mer -   = Minus Key
  X   = Multiplication Key   =   = Equal Key
::
::

Notes From the Author

Updates:
  9/12/92 - Correct error in 2nd Persons Double High Col
              Change Tick Label Font size for clarity

   I've been doing "Biorhythms" for friends for the past 10
and just about everyone uses them to better guide their li
with others whom they have Biorhythm information on. I
boy/girl friend, or children are in their Cycles can be an i
relationships and communications.

   Feel free to copy and share this program with your frien

   Future spreadsheet applications, some which will be inf
entertaining, are forthcoming. Keyword: Hinman

   As a former IBM MVS and SAS Systems Programmer
experience, and now a victim of a Defense Contractors cu
In Force), I'm developing PC applications now, instead o
applications.

A $5.00 donation would greatly be appreciated if you fi

Thanx,
    Ed.

Creative Computer_Biz Solutions
Edward P. Hinman
6 Granite Road
Guilford, CT. 06437

Biorhythm Compatability

ings

For: Kit   **and**   Ed

8/26/39   7/1/36

Physical	91%	1	Days Apart
Emotional	79%	3	Days Apart
Intellectual	76%	4	Days Apart

verall Averag   82%

he

irth and run punctually

HIGH, descends to and
es back to the CRITICAL line.
d half Weakness or a
n Low to High.
gh the Cycle are
er (Base) line.
with BAD, but don't think of
harging or dormancy.
ndividual Biorhythm

Bior

Date	Physi Day i Cycle
8/9/92	22
8/10/92	23
8/11/92	1
8/12/92	2
8/13/92	3
8/14/92	4
8/15/92	5
8/16/92	6
8/17/92	7
8/18/92	8
8/19/92	9
8/20/92	10
8/21/92	11
8/22/92	12
8/23/92	13
8/24/92	14
8/25/92	15
8/26/92	16
8/27/92	17
8/28/92	18
8/29/92	19
8/30/92	20
8/31/92	21
9/1/92	22
9/2/92	23
9/3/92	1
9/4/92	2
9/5/92	3
9/6/92	4
9/7/92	5
9/8/92	6

hen any Cycle, and
he same time.
e prone to ERROR,
and EMOTIONAL

otional and Intellectual
Intellectual reasoning,
CRITICAL also.
ice a year), is a day
usually be a day that
day, but with much

CAL day, thus you
he first day of life
hythm Person

Date			
9/9/92	7
9/10/92	8
9/11/92	9
9/12/92	10
9/13/92	11
9/14/92	12
9/15/92	13
9/16/92	14
9/17/92	15
9/18/92	16
9/19/92	17

ycles are DOUBLE,

Date	Phys.	Emot	Intel.	Days of	Comp ite	Date	Phys
8/9	-0.3	-1.0	0.7	19342	-0.6 0	8/9	0.0
	0.0	-0.9	0.8	19343	-0.1 1		0.3
	0.3	-0.8	0.9	19344	0.4 2		0.5
8/12	0.5	-0.6	1.0	19345	0.9 3	8/12	0.7
	0.7	-0.4	1.0	19346	1.3 4		0.9
	0.9	-0.2	1.0	19347	1.7 5		1.0
	1.0	0.0	0.9	19348	1.9 6		1.0
8/16	1.0	0.2	0.9	19349	2.1 7	8/16	0.9
	0.9	0.4	0.8	19350	2.1 8		0.8
	0.8	0.6	0.6	19351	2.1 9		0.6
8/19	0.6	0.8	0.5	19352	1.9##	8/19	0.4
	0.4	0.9	0.3	19353	1.6##		0.1
	0.1	1.0	0.1	19354	1.2##		-0.1
	-0.1	1.0	-0.1	19355	0.8##		-0.4
8/23	-0.4	1.0	-0.3	19356	0.3##	8/23	-0.6
	-0.6	0.9	-0.5	19357	-0.2##		-0.8
	-0.8	0.8	-0.6	19358	-0.7##		-0.9
8/26	-0.9	0.6	-0.8	19359	-1.1##	8/26	-1.0
	-1.0	0.4	-0.9	19360	-1.4##		-1.0
	-1.0	0.2	-0.9	19361	-1.7##		-0.9
	-0.9	0.0	-1.0	19362	-1.9##		-0.7
8/30	-0.7	-0.2	-1.0	19363	-2.0##	8/30	-0.5
	-0.5	-0.4	-1.0	19364	-1.9##		-0.3

Date						Date	
	-0.3	-0.6	-0.9	19365	-1.8##		0.0
9/2	0.0	-0.8	-0.8	19366	-1.6##	9/2	0.3
	0.3	-0.9	-0.7	19367	-1.3##		0.5
	0.5	-1.0	-0.5	19368	-1.0##		0.7
	0.7	-1.0	-0.4	19369	-0.6##		0.9
9/6	0.9	-1.0	-0.2	19370	-0.3##	9/6	1.0
	1.0	-0.9	0.0	19371	0.1##		1.0
	1.0	-0.8	0.2	19372	0.4##		0.9
9/9	0.9	-0.6	0.4	19373	0.7##	9/9	0.8
	0.8	-0.4	0.5	19374	0.9##		0.6
	0.6	-0.2	0.7	19375	1.1##		0.4
	0.4	0.0	0.8	19376	1.2##		0.1
9/13	0.1	0.2	0.9	19377	1.3##	9/13	-0.1
	-0.1	0.4	1.0	19378	1.3##		-0.4
	-0.4	0.6	1.0	19379	1.2##		-0.6
9/16	-0.6	0.8	1.0	19380	1.1##	9/16	-0.8
	-0.8	0.9	0.9	19381	1.0##		-0.9
	-0.9	1.0	0.9	19382	0.9##		-1.0
	-1.0	1.0	0.8	19383	0.8##		-1.0
9/20	-1.0	1.0	0.6	19384	0.6##	9/20	-0.9

any Cycle or the
nc at least 50%.
ne instance, and not
could get along
be at loggerheads
they both may
e" information
olds true for the
ne time, could lead
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he Date for the
will be in your 3
u're approaching

and save your

TE as VERY HIGH
her Hollywood home
terminal CRITICAL
al cycles were also

E as VERY HIGH
on collision on
.
is Intellectual cycle
and a reduced ability to

E as going from
CRITICAL.
re a time of poor
eing CRITICAL for 10 days.

e to the Date of

M+ (Add to Memory).

|'72|'76|
RE Feb 29, count it)

ry)
T counting Leap Days

Days you've been alive.

" the Biorhythm cycle.

lumn.

 years, in BASIC and SAS,
ves and deal effectively
Knowing where your spouse,
nvaluable aid to

ds and associates.

ormative and some

 with more than 15 Years
ut-back, or RIF (Reduction
f IBM 3090 Mainframe

nd this program useful.

hythm Listing for: *Kit*

8/26/39

19342   *Days old as of:*   *8/9/92*

cal High/Crit Days	Emotional Day in Cycle	High/Crit Days	Intellectual Day in Cycle	High/Crit Days	Double Criticals	Triple Criticals	Double Highs	Triple Highs
	22	4						
	23	5						
	24	6						
	25	7						
	26	8						
	27	9						
	28	10						
	1	11						
	2	12						
	3	13						
	4	14						
	5	15						
	6	16						
	7	17						
	8	18						
	9	19						
	10	20						
	11	21						
	12	22						
	13	23						
	14	24						
	15	25						
	16	26						
	17	27						
	18	28						
	19	29						
	20	30						
	21	31						
	22	32						
	23	33						
	24	1						

25	2					
26	3					
27	4					
28	5					
1	6					
2	7					
3	8					
4	9					
5	10					
6	11					
7	12					

Phys C	Emot	Emot C	Intel	Intel C	Days o	Compos-ite	
91%	-0.6	79%	0.0	76%	20493	-0.6	
91%	-0.4	79%	0.2	76%	20494	0.0	
91%	-0.2	79%	0.4	76%	20495	0.7	
91%	0.0	79%	0.5	76%	20496	1.3	
91%	0.2	79%	0.7	76%	20497	1.8	
91%	0.4	79%	0.8	76%	20498	2.2	
91%	0.6	79%	0.9	76%	20499	2.5	
91%	0.8	79%	1.0	76%	20500	2.7	
91%	0.9	79%	1.0	76%	20501	2.7	
91%	1.0	79%	1.0	76%	20502	2.6	
91%	1.0	79%	0.9	76%	20503	2.3	0
91%	1.0	79%	0.9	76%	20504	2.0	1
91%	0.9	79%	0.8	76%	20505	1.5	2
91%	0.8	79%	0.6	76%	20506	1.0	
91%	0.6	79%	0.5	76%	20507	0.5	
91%	0.4	79%	0.3	76%	20508	-0.1	
91%	0.2	79%	0.1	76%	20509	-0.6	
91%	0.0	79%	-0.1	76%	20510	-1.1	
91%	-0.2	79%	-0.3	76%	20511	-1.5	
91%	-0.4	79%	-0.5	76%	20512	-1.8	
91%	-0.6	79%	-0.6	76%	20513	-2.0	
91%	-0.8	79%	-0.8	76%	20514	-2.1	
91%	-0.9	79%	-0.9	76%	20515	-2.0	

91%	-1.0	79%	-0.9	76%	20516	-1.9
91%	-1.0	79%	-1.0	76%	20517	-1.7
91%	-1.0	79%	-1.0	76%	20518	-1.5
91%	-0.9	79%	-1.0	76%	20519	-1.1
91%	-0.8	79%	-0.9	76%	20520	-0.8
91%	-0.6	79%	-0.8	76%	20521	-0.5
91%	-0.4	79%	-0.7	76%	20522	-0.1
91%	-0.2	79%	-0.5	76%	20523	0.2
91%	0.0	79%	-0.4	76%	20524	0.4
91%	0.2	79%	-0.2	76%	20525	0.7
91%	0.4	79%	0.0	76%	20526	0.8
91%	0.6	79%	0.2	76%	20527	0.9
91%	0.8	79%	0.4	76%	20528	1.0
91%	0.9	79%	0.5	76%	20529	1.0
91%	1.0	79%	0.7	76%	20530	1.0
91%	1.0	79%	0.8	76%	20531	1.0
91%	1.0	79%	0.9	76%	20532	0.9
91%	0.9	79%	1.0	76%	20533	0.9
91%	0.8	79%	1.0	76%	20534	0.8
91%	0.6	79%	1.0	76%	20535	0.7

Biorhythm Listing for: **Ed**

20493   *Days old as of:*

7/1/36

8/9/92

Date	Physical Day in Cycle	High/Crit Days	Emotional Day in Cycle	High/Crit Days	Intellectual Day in Cycle	High/Crit Days	Double Criticals	Triple Criticals	Double Highs
8/9/92	23		25		33				
8/10/92	1		26		1				
8/11/92	2		27		2				
8/12/92	3		28		3				
8/13/92	4		1		4				
8/14/92	5		2		5				
8/15/92	6		3		6				
8/16/92	7		4		7				
8/17/92	8		5		8				
8/18/92	9		6		9				
8/19/92	10		7		10				
8/20/92	11		8		11				
8/21/92	12		9		12				
8/22/92	13		10		13				
8/23/92	14		11		14				
8/24/92	15		12		15				
8/25/92	16		13		16				
8/26/92	17		14		17				
8/27/92	18		15		18				
8/28/92	19		16		19				
8/29/92	20		17		20				
8/30/92	21		18		21				
8/31/92	22		19		22				
9/1/92	23		20		23				
9/2/92	1		21		24				
9/3/92	2		22		25				
9/4/92	3		23		26				
9/5/92	4		24		27				
9/6/92	5		25		28				
9/7/92	6		26		29				
9/8/92	7		27		30				

Date						
9/9/92	8	28	31			
9/10/92	9	1	32			
9/11/92	10	2	33			
9/12/92	11	3	1			
9/13/92	12	4	2			
9/14/92	13	5	3			
9/15/92	14	6	4			
9/16/92	15	7	5			
9/17/92	16	8	6			
9/18/92	17	9	7			
9/19/92	18	10	8			

CompatabilCalculation Formulas

#1 Phy#2 PPhys DPhys CompDays Diff

22.00	23.0	22.00	9%	
22.00	23.0	1.00	91%	1

#1 Em#2 EEmot LEmot Comp

22.00	25.0	25.00	21%	
22.00	25.0	3.00	79%	3

#1 Inte#2 IıIntel DıIntel Comp

4.00	33.0	4.00	76%	
4.00	33.0	29.00	76%	4

Avg. Compat

82%

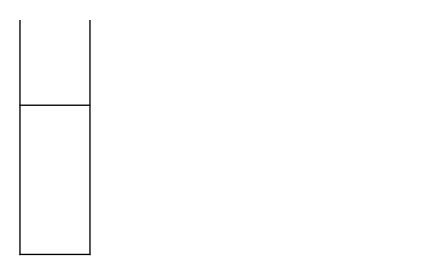\B   {MENUBRANCH MENU}

MSG2Date ERROR - Please Re-enter.
Key   n
DAT1 8/1/92
DAT1   ###

DAT2_ 7/1/92
DAT2_ 7/1/92
NOW_ 8/1/92
NOW_ 8/9/92

MENU 1. S 2. Sele 3. S 4. View 5. Pr Q. Quit and Return to READY
      Rou Routine Rou Display Prin Quit Biorhythm and Return to
      {got {goto} {got {CALC/pbb {QUIT}
      {GE {GETL {GE {/ Grap {menubranch menu}
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      {GE {GETN {goto}d_now~
      {IF ({IF @I {GETNUMBER "Enter Start Day of Chart (D
      {got {goto} {IF @ISERR(now_D)}{BEEP}{MESSAGE r
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      {IF ({IF @I {GETNUMBER "Enter Start Year of Chart (Y
      {got {goto} {IF @ISERR($FOR)}{BEEP}{MESSAGE m
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      {me {menubranch MENU}

Triple Highs

MSG2   Date ERROR - Please Re-enter.

D)",d_now}{CALC}
msg2,0,20,+@NOW+@TIME(0,0,2) }{branch DA3}

Y) ",y_now}{CALC}
msg2,0,20,+@NOW+@TIME(0,0,3)}{branch YR3}

20,+@NOW+@TIME(0,0,3)}{branch YR2}