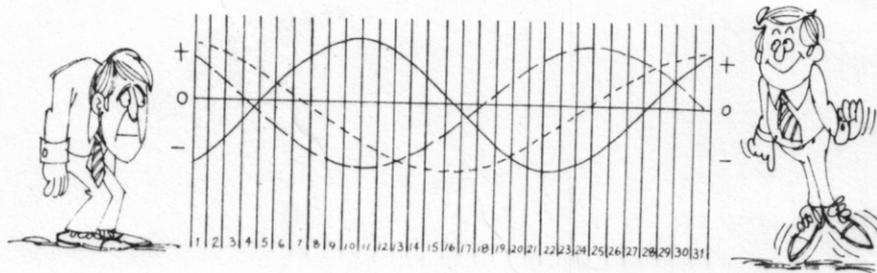# BIORHYTHM

_____ Physical cycle
- - - - Sensitive (emotional) cycle
. . . . . . Cognitive (intellectual) cycle

Description

This program describes your daily biorhythmic behavioral patterns throughout the year.

Biorhythm is the rhythmic course of the life process of organisms. There are indications that the life of an individual moves in *physical* phases of 23 days that include basic bodily functions and the sense of physical fitness; in *sensitive* (emotional) phases of 28 days that include mental health, creativity, and mood; and in *cognitive* (intellectual) phases of 33 days that regulate alertness, memory, and receptivity to knowledge. In other words, everyone biologically has periods of high and low peaks in their everyday experiences.

The median (zero) line of the graph is when you have the most accidents. The high (+) periods are when you have the most energy, and the low (-) periods are regarded as periods when you should recuperate.

The program also is geared so that you may choose the number of days you want to know your biorhythmic patterns. And as an added feature, the day you were born is printed along with the number of days that have passed to the present date.

Program notes

You should note that line 1040 jumps to itself. This is done so that you can roll up the paper and tear it accordingly in order to make individual copies of your biorhythmic pattern.

Variable list

A( ) = Cumulative number of days at the end of the month
C5 = Location to cognitive cycle

D9 = Number of days to graph
D( ) = Number of days in each month
J1 = Current day that's printing
M1, D1, Y2 = Birthdate (month, day, year)
M2, D2, Y3 = Today's date (month, day, year)
M9 = Current month that's printing
N( ) = Person's name
P5 = Location to print physical cycle
S5 = Location to print sensitivity cycle
V = Number of days since birthdate
Y9 = Current year that's printing

Sample run

```
ENTER TODAY'S DATE?  (MM,DD,YYYY)?4,1,1978
ENTER BIRTHDATE?  (MM,DD,YYYY)?4,12,1954
ENTER NAME? JOHN G. DOE

HOW MANY DAYS TO GRAPH?  (ALIGN PAPER, HIT RETURN)?15


THE MEDIAN LINE (O) IS YOUR CRITICAL POINT AND IS
WHEN MOST ACCIDENTS OCCUR.  THE HIGH PERIODS (+) ARE
WHEN YOU HAVE THE MOST ENERGY AND THE LOW PERIODS (-)
ARE REGARDED AS RECUPERATIVE PERIODS.


GRAPH SYMBOLS:

I:  MEDIAN LINE          (O LINE)
P:  PHYSICAL CYCLE       (23-DAY)
S:  SENSITIVITY CYCLE    (28-DAY)
C:  COGNITIVE CYCLE      (33-DAY)




YOUR BIRTHDAY IS APRIL 12  1954
IT WAS A MONDAY AND OCCURRED 8755 DAYS ( 23.98 YEARS) AGO.

HERE IS THE GRAPH FOR JOHN G. DOE STARTING AT APRIL 1  1978
AND ENDING AT APRIL 15  1978


        DATE            (-)                    (0)                  (+)

SAT  APR 1   1978         S P                   I                      C
SUN  APR 2   1978        SP                     I                   C
MON  APR 3   1978        SP                     I                 C
TUE  APR 4   1978        P                      I               C
WED  APR 5   1978         SP                    I             C
THU  APR 6   1978          SP                   I   C
FRI  APR 7   1978            S P                IC
SAT  APR 8   1978               S   P   C I
SUN  APR 9   1978                   CS       P
MON  APR 10  1978             C              S  P
TUE  APR 11  1978          C                 I   S     P
```

```
WED   APR 12   1978              C                    I        S        P
THU   APR 13   1978               C                   I           S        P
FRI   APR 14   1978           C                       I                S    P
SAT   APR 15   1978           C                       I                  SP
```

Program listing

BIORYT

```
90 CLS
100 REM    JVN-2/10/76-VER 1.9
110 DIM A(12),D(12),N(25)
120 FOR I=1 TO 12:READ A(I):NEXT I
130 FOR I=1 TO 12:READ D(I):NEXT I
140 DATA 0,31,59,90,120,151,181,212,243,273,304,334
150 DATA 31,28,31,30,31,30,31,31,30,31,30,31
160 P=6.28318
180 PRINT "ENTER TODAY'S DATE...(MM,DD,YYYY) ";:INPUT M,D,Y
190 M2=M:D2=D:Y3=Y
200 Y5=Y
210 GOSUB 300
220 Z=T
230 PRINT "ENTER BIRTHDATE...(MM,DD,YYYY) ";:INPUT M,D,Y
240 M1=M:D1=D:Y2=Y
250 GOSUB 300
260 V=T-Z
270 V=ABS(V)
280 PRINT "ENTER NAME";:INPUT W$
290 GOTO 480
300 Y1=Y-1800
310 Q1=INT(Y1/4)
320 Q2=INT(Q1/25)
330 Q3=INT((Y1+200)/400)
340 K=0
350 IF Q1*4=Y1 THEN 360
355 GOTO 390
360 IF Q2*100=Y1 THEN 370
365 GOTO 390
370 IF Q3*400-200=Y1 THEN 380
375 GOTO 390
380 K=1
390 T=365*Y1+Q1-Q2+Q3-K
400 T=T+A(M)+D-1
410 IF M<3 THEN 430
420 T=T+K
430 IF INT(Y1/4)=Y1/4 THEN 440
435 GOTO 460
440 IF M>2 THEN 460
450 T=T-1
460 J=T-7*INT(T/7)
470 RETURN
480 N(X)=0
490 PRINT:PRINT
500 PRINT "HOW MANY DAYS TO GRAPH?   (ALIGN PAPER, HIT ENTER)";
```

```
510 INPUT D9:PRINT:PRINT
515 CLS
520 PRINT "THE MEDIAN LINE (0) IS YOUR CRITICAL POINT AND IS"
530 PRINT "WHEN MOST ACCIDENTS OCCUR.   THE HIGH PERIODS (+) ARE"
540 PRINT "WHEN YOU HAVE THE MOST ENERGY AND THE LOW PERIODS (-)"
550 PRINT "ARE REGARDED AS RECUPERATIVE PERIODS."
560 PRINT:PRINT
570 PRINT "GRAPHIC SYMBOLS:":PRINT
580 PRINT "I:   MEDIAN LINE             (0 LINE)"
590 PRINT "P:   PHYSICAL CYCLE          (23-DAY)"
600 PRINT "S:   SENSITIVITY CYCLE       (28-DAY)"
610 PRINT "C:   COGNITIVE CYCLE         (33-DAY)"
620 PRINT:PRINT:PRINT "HIT -ENTER- TO CONTINUE...";:INPUT W
625 CLS
630 PRINT "YOUR BIRTHDAY IS ";:A9=M1:GOSUB 1050:PRINT D1;Y2
640 PRINT "IT WAS A ";:B9=J+1:GOSUB 1170
650 PRINT " AND OCCURRED";V;" DAYS (";INT((V/365)*100)/100;" YEARS) AGO.
660 PRINT
670 PRINT "HERE IS THE GRAPH FOR ";W$
680 PRINT "START AT ";:A9=M2:GOSUB 1050:PRINT D2;Y3
690 PRINT "AND ENDED AT ";
700 M9=M2:D8=D2+D9-1:Y9=Y3
710 IF M9)12 THEN 715
713 GOTO 720
715 M9=1:Y9=Y9+1
720 IF M9=2 THEN 730
725 GOTO 740
730 IF INT(Y9/4)=Y9/4 THEN 735
733 GOTO 740
735 K=1
740 IF D8)D(M9)+K THEN 750
745 GOTO 770
750 D8=D8-(D(M9)+K):M9=M9+1:K=0
760 GOTO 710
770 A9=M9:GOSUB 1050:PRINT D8;Y9
780 PRINT:PRINT:PRINT "HIT -ENTER- TO START GRAPH...";:INPUT W
785 CLS
790 PRINT TAB(7);"DATE";TAB(25);"(-)";TAB(43);"(0)";
800 PRINT TAB(61);"(+)"
810 PRINT
820 J1=V+J:J1=J1-7*INT(J1/7):D2=D2-1:J1=J1-1:V=V-1:K=0
830 FOR I=1 TO D9:V=V+1:D2=D2+1:J1=J1+1:IF M2=2 THEN 840
835 GOTO 850
840 IF INT(Y3/4)=Y3/4 THEN 845
843 GOTO 850
845 K=1
850 IF D2)D(M2)+K THEN 860
855 GOTO 870
860 M2=M2+1:D2=1
870 IF J1<7 THEN 880
875 J1=0
880 IF M2)12 THEN 890
885 GOTO 900
890 PRINT:PRINT TAB(33);"** HAPPY NEW YEAR **":PRINT:M2=1:Y3=Y3+1
900 IF J1+1=3 THEN 905
903 GOTO 920
905 IF D2=13 THEN 908
907 GOTO 920
908 PRINT:PRINT TAB(22);
910 PRINT "** BEWARE ! !   FRIDAY THE THIRTEENTH **":PRINT
920 IF M2=M1 THEN 925
923 GOTO 940
925 IF D2=D1 THEN 930
927 GOTO 940
930 PRINT:PRINT TAB(33);"** HAPPY";ABS(Y3-Y2);"BIRTHDAY **":PRINT
940 E9=J1+1:GOSUB 1360
950 PRINT "   ";:C9=M2:GOSUB 1240:PRINT D2;Y3;
```

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```
960 X=23:GOSUB 1430:P5=X:X=28:GOSUB 1430:S5=X:X=33:GOSUB 1430:C5=X
970 N=0:FOR L=19 TO 65:PRINT TAB(L);
980 IF P5=L THEN 985
983 GOTO 990
985 PRINT "P";:GOTO 1020
990 IF S5=L THEN 995
993 GOTO 1000
995 PRINT "S";:GOTO 1020
1000 IF C5=L THEN 1005
1003 GOTO 1010
1005 PRINT "C";:GOTO 1020
1010 IF 44=L THEN 1015
1013 GOTO 1030
1015 PRINT "I";
1020 N=N+1:IF N=4 THEN 1025
1023 GOTO 1030
1025 L=100
1030 NEXT L:PRINT:NEXT I
1040 GOTO 1040
1050 IF A9=1 THEN PRINT "JANUARY";:RETURN
1060 IF A9=2 THEN PRINT "FEBRUARY";:RETURN
1070 IF A9=3 THEN PRINT "MARCH";:RETURN
1080 IF A9=4 THEN PRINT "APRIL";:RETURN
1090 IF A9=5 THEN PRINT "MAY";:RETURN
1100 IF A9=6 THEN PRINT "JUNE";:RETURN
1110 IF A9=7 THEN PRINT "JULY";:RETURN
1120 IF A9=8 THEN PRINT "AUGUST";:RETURN
1130 IF A9=9 THEN PRINT "SEPTEMBER";:RETURN
1140 IF A9=10 THEN PRINT "OCTOBER";:RETURN
1150 IF A9=11 THEN PRINT "NOVEMBER";:RETURN
1160 PRINT "DECEMBER";:RETURN
1170 IF B9=1 THEN PRINT "WEDNESDAY";:RETURN
1180 IF B9=2 THEN PRINT "THURSDAY";:RETURN
1190 IF B9=3 THEN PRINT "FRIDAY";:RETURN
1200 IF B9=4 THEN PRINT "SATURDAY";:RETURN
1210 IF B9=5 THEN PRINT "SUNDAY";:RETURN
1220 IF B9=6 THEN PRINT "MONDAY";:RETURN
1230 PRINT "TUESDAY";:RETURN
1240 IF C9=1 THEN PRINT "JAN";:RETURN
1250 IF C9=2 THEN PRINT "FEB";:RETURN
1260 IF C9=3 THEN PRINT "MAR";:RETURN
1270 IF C9=4 THEN PRINT "APR";:RETURN
1280 IF C9=5 THEN PRINT "MAY";:RETURN
1290 IF C9=6 THEN PRINT "JUN";:RETURN
1300 IF C9=7 THEN PRINT "JUL";:RETURN
1310 IF C9=8 THEN PRINT "AUG";:RETURN
1320 IF C9=9 THEN PRINT "SEP";:RETURN
1330 IF C9=10 THEN PRINT "OCT";:RETURN
1340 IF C9=11 THEN PRINT "NOV";:RETURN
1350 PRINT "DEC";:RETURN
1360 IF E9=1 THEN PRINT "WED";:RETURN
1370 IF E9=2 THEN PRINT "THU";:RETURN
1380 IF E9=3 THEN PRINT "FRI";:RETURN
1390 IF E9=4 THEN PRINT "SAT";:RETURN
1400 IF E9=5 THEN PRINT "SUN";:RETURN
1410 IF E9=6 THEN PRINT "MON";:RETURN
1420 PRINT "TUE";:RETURN
1430 X=INT(SIN((V/X-INT(V/X))*P)*18)+44
1440 RETURN
1450 END
```