

Name	Day	ACTIVITY	DID Check if NOT DO	TIME			Check if ALONE	PEOPLE 1=Just Present 2=Actively Involved			
				CLOCK TIME	AM	PM		SPOUSE/ PARTNER	Children	Other Family Members	Other Person(s)
OUT OF BED											
FIRST CONTACT (IN PERSON OR BY PHONE) WITH ANOTHER PERSON											
HAVE MORNING BEVERAGE											
HAVE BREAKFAST											
GO OUTSIDE FOR THE FIRST TIME											
START WORK, SCHOOL, HOUSEWORK, WOLUNTEER ACTIVITIES, CHILD OR FAMILY CARE											
HAVE LUNCH											
TAKE AN AFTERNOON NAP											
HAVE DINNER											
PHYSICAL EXERCISE											
HAVE AN EVENING SNACK/DRINK											
WATCH EVENING TV NEWS PROGRAM											
WATCH ANOTHER TV PROGRAM											
ACTIVITY A											
ACTIVITY B											
RETURN HOME (LAST TIME)											
GO TO BED											

Name	Day	ACTIVITY	DID Check if NOT DO	TIME			Check if ALONE	PEOPLE 1=Just Present 2=Actively Involved			
				CLOCK TIME	AM	PM		SPOUSE/ PARTNER	Children	Other Family Members	Other Person(s)
OUT OF BED											
FIRST CONTACT (IN PERSON OR BY PHONE) WITH ANOTHER PERSON											
HAVE MORNING BEVERAGE											
HAVE BREAKFAST											
GO OUTSIDE FOR THE FIRST TIME											
START WORK, SCHOOL, HOUSEWORK, WOLUNTEER ACTIVITIES, CHILD OR FAMILY CARE											
HAVE LUNCH											
TAKE AN AFTERNOON NAP											
HAVE DINNER											
PHYSICAL EXERCISE											
HAVE AN EVENING SNACK/DRINK											
WATCH EVENING TV NEWS PROGRAM											
WATCH ANOTHER TV PROGRAM											
ACTIVITY A											
ACTIVITY B											
RETURN HOME (LAST TIME)											
GO TO BED											

Scoring the Social Rhythm Metric :

Calculate Habitual Time: Calculate the mean (average)for the times for each event performed over the week.

a) Find the "Hits" A "hit" is an event which is performed within 45 minutes of the habitual time for that event. Add them up

b) Add up the Total number of events the individual performed during the week

c) dividing the total number of "hits"(a) scored across a week by the total number of events performed(b)—a/b=score

(example: Person X performed 4 of the listed events at least three times during the week and had a total of 16 hits. Person X's SRM score = 16/4 = 4.0.)