

# RAY SCREEN SHOTS




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1. Logo
2. Home screen
3. Image from Lesson 1
4. Image from Lesson 12

Welcome to RAY. Please [complete your SRM](#). You have no new lesson plan.

SRM	Lesson Plan	RAY Quick Guide
You have finished 0 SRMs this week. <a href="#">Finish it!</a>	<b>Current Lesson Plan:</b> This week is all about staying in rhythm! <a href="#">Start now</a>	<ul style="list-style-type: none"><li>Tools</li><li>Social Rhythm Metric Feedback</li><li>Videos</li></ul> <p>This site is not optimized for use in Internet Explorer. We cannot guarantee its functionality when used in Internet Explorer.</p> <p><a href="#">Need more information? Check out the RAY Quick Guide!</a></p>

This Week's Goal	Tip of the week
Exercise at least 5 times per week. <a href="#">Get help with your goal</a>	

## What Are Circadian Rhythms?



Circadian rhythms are body activities that run on an approximately 24 hour cycle.

- Examples of circadian rhythms include the sleep-wake cycle, digestion patterns, and body temperature changes during the day.
- Circadian rhythms are controlled by your internal clocks (the body clock) and the external world (daylight and darkness).
- Body clocks can be found in almost every body part including your skin and stomach.
- The main or "central" body clock is located in your brain.
- Body clocks—and therefore circadian rhythms—run on an approximately 24 hour cycle.
- Virtually all living creatures (including plants!) have circadian rhythms.
- Circadian rhythms help plants and animals live in sync with their environment.

[Click here to learn more about the biology of Circadian Rhythms](#)

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