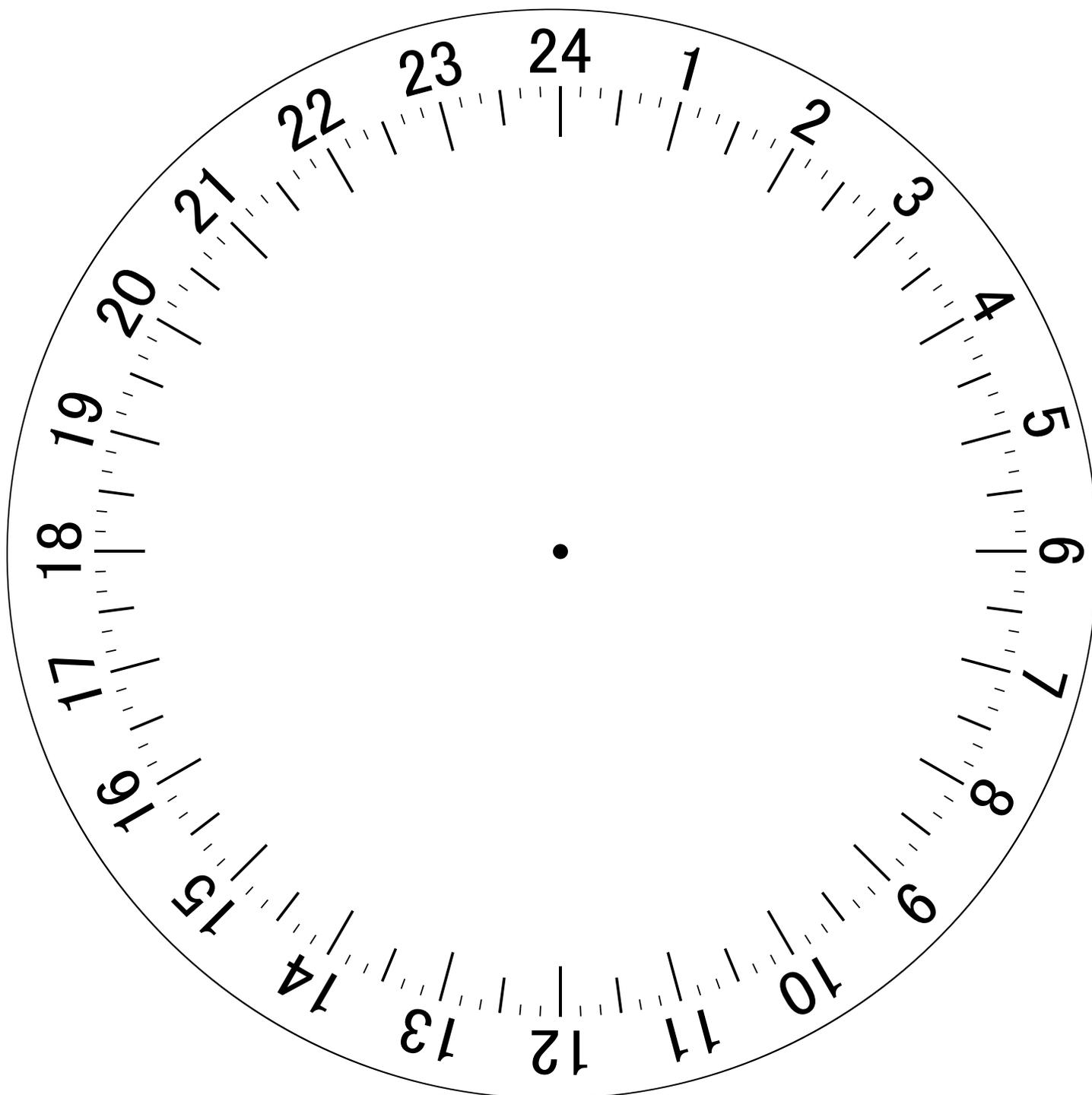


MAKE YOUR OWN BIOLOGICAL CLOCK



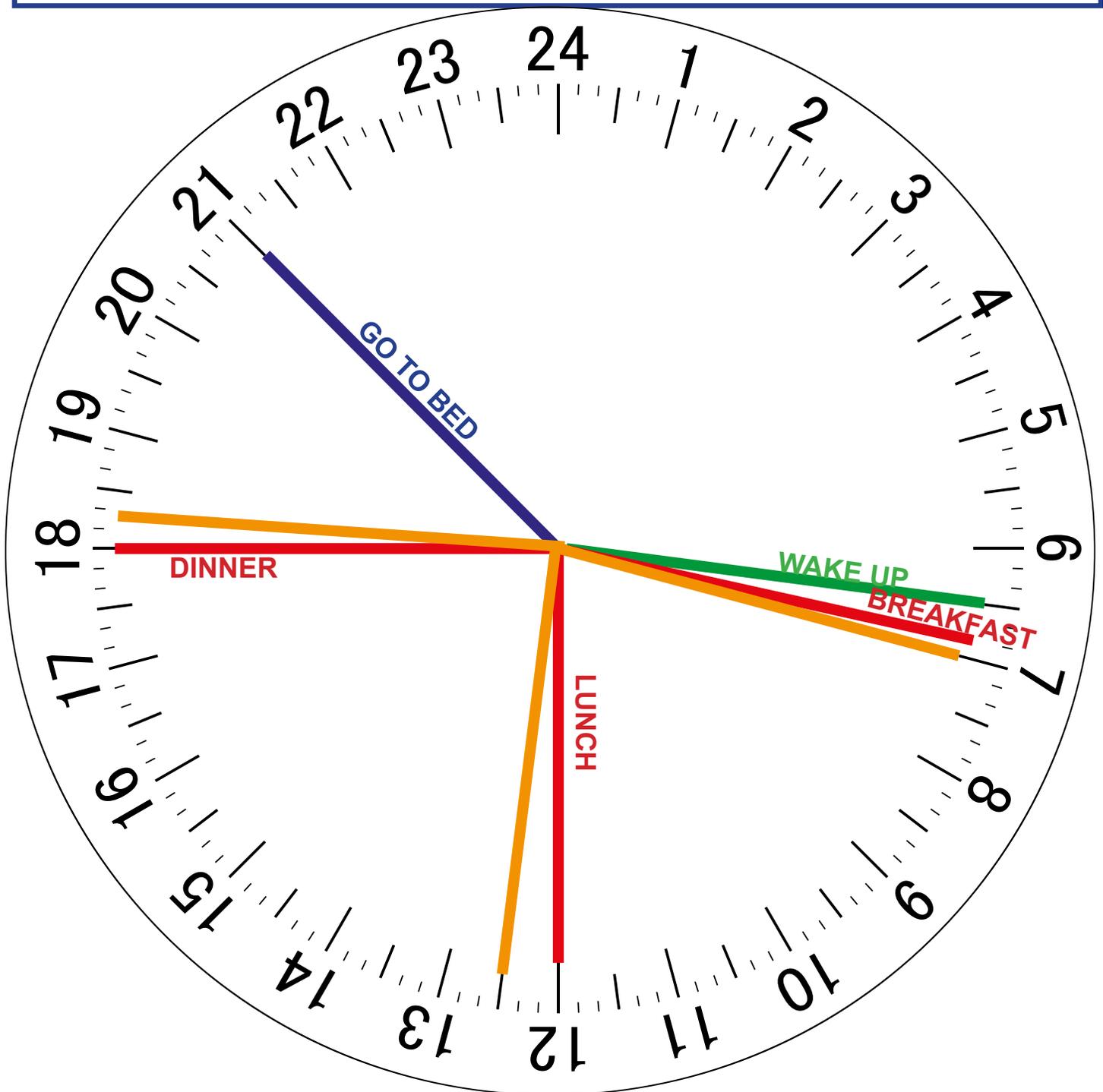
What time do you WAKE UP and GO TO SLEEP?

- Use a ruler to draw GREEN line from the center to when you wake up.
- Use a ruler to draw a BLUE line from the center to when you go to sleep.

What times in the day do you feel most HUNGRY?

- Use a ruler to draw a RED line to when you are usually hungry.
- Use a ruler to draw a YELLOW line to show when you normally finish eating.

EXAMPLE OF A BIOLOGICAL CLOCK



In this example of a biological clock:

- Way up at 6:30 AM - CORTISOL made and released by the kidney to tell you to get up
- Hungry at 6:40 AM - GEHRLIN is made and released by the stomach to say you are hungry
- Stop eating at 7:00 AM - LEPTIN is made and released by the fat tissues to say you are full
- Hungry at noon - GEHRLIN is made and released by the stomach to say you are hungry
- Stop eating at 12:30 PM - LEPTIN is made and released by the fat tissues to say you are full
- Hungry at 6 PM - GEHRLIN is made and released by the stomach to say you are hungry
- Stop eating at 6:45 PM - LEPTIN is made and released by the fat tissues to say you are full
- Go to bed at 9:00 PM - MELATONIN made and released by the pineal gland in the brain to tell you to go to sleep