



Yin and Yang Correspondences Chart and Weekly Rhythm Sheet

FitInFlow.space · Philosophy and tradition, not medical advice. Sources: Internet Encyclopedia of Philosophy, Stanford Encyclopedia of Philosophy, Britannica. October 2026.

1. Six core principles

Opposition They contrast: light/shade, motion/rest.	Interdependence Each defines the other.	Mutual inclusion Each holds a seed of the other.
Waxing and waning As one grows, the other recedes.	Transformation At an extreme, one turns into the other.	Harmony (he 和) Their interplay brings order.

2. Traditional associations (relative pairs, not fixed labels)

Aspect	Yin 阴	Yang 阳
Landscape	Shady, north side of a hill	Sunny, south side of a hill
Cosmos	Earth, moon	Heaven, sun
Time	Night, winter	Day, summer
Quality	Cool, moist, still, receptive	Warm, dry, moving, active
Direction	Downward, inward	Upward, outward
Yijing line	Broken - -	Solid —

3. The five phases (wuxing 五行)

Phase	Season	Direction	Color	Character
Wood 木	Spring	East	Green	Growing yang
Fire 火	Summer	South	Red	Full yang
Earth 土	Late summer	Center	Yellow	Balance point
Metal 金	Autumn	West	White	Growing yin
Water 水	Winter	North	Black	Full yin

Generating cycle: wood feeds fire, fire makes earth, earth bears metal, metal collects water, water nourishes wood.

Overcoming cycle: wood parts earth, earth dams water, water quenches fire, fire melts metal, metal cuts wood.

Traditional correspondences; lists vary between texts and periods.

4. Seven-day rhythm sheet

Mark each day: mostly active (yang), mostly restful (yin), or mixed. Then look for long runs of one kind.

Day	Mostly active	Mostly restful	Mixed	One note about the day
Mon	[]	[]	[]	
Tue	[]	[]	[]	
Wed	[]	[]	[]	
Thu	[]	[]	[]	
Fri	[]	[]	[]	
Sat	[]	[]	[]	
Sun	[]	[]	[]	

Five or more active days in a row? Plan one quiet evening next week. This sheet is a reflection tool, not a health assessment. For ongoing tiredness, poor sleep, anxiety or chills, see a doctor.