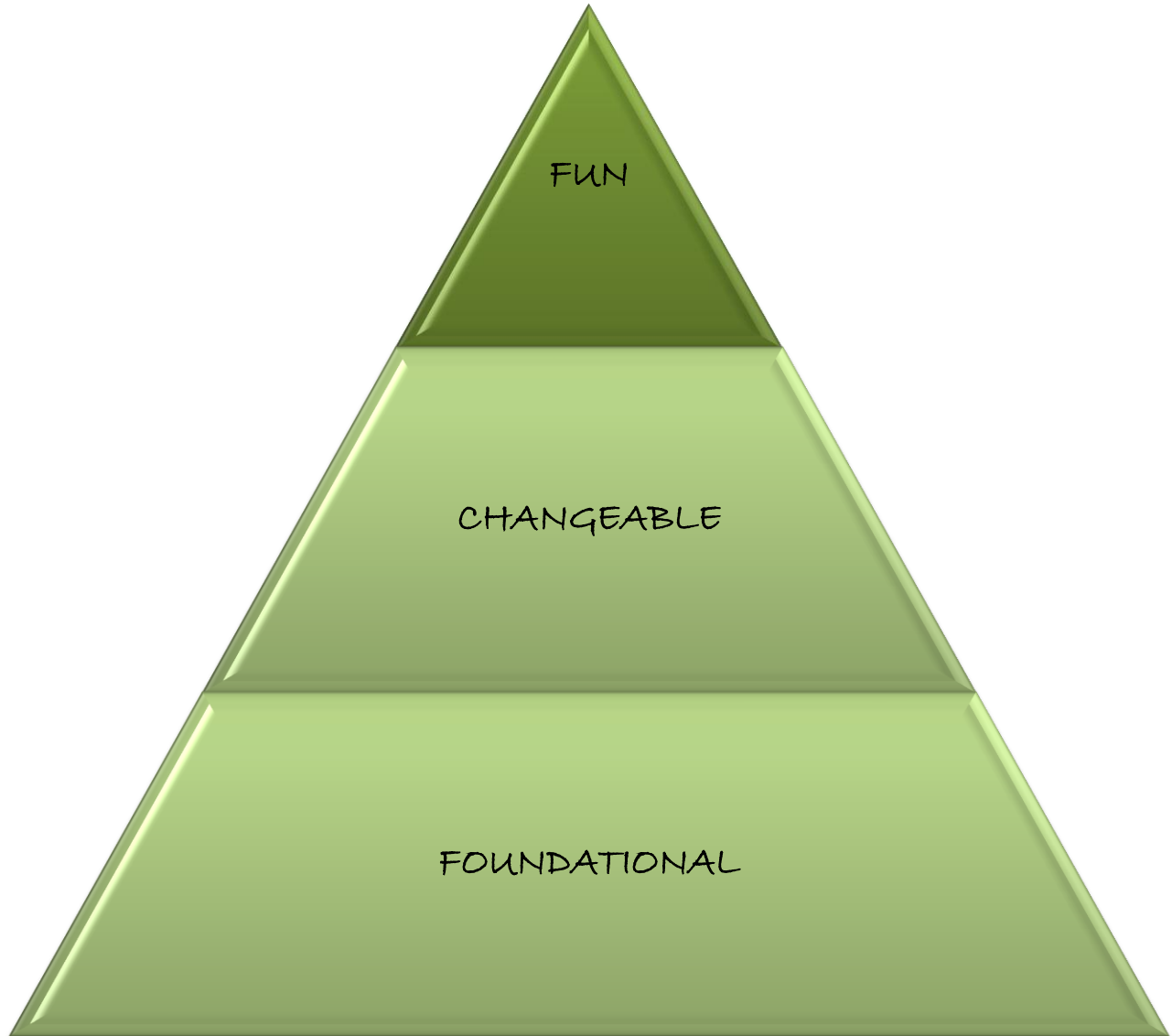




## Evolving Rhythm Pyramid



**Foundational:** Laundry, Meal, Shopping

**Changeable:** Child sports, Errands, summer activities, seasonal

**Fun:** What you Love: Reading, Yoga, Knitting