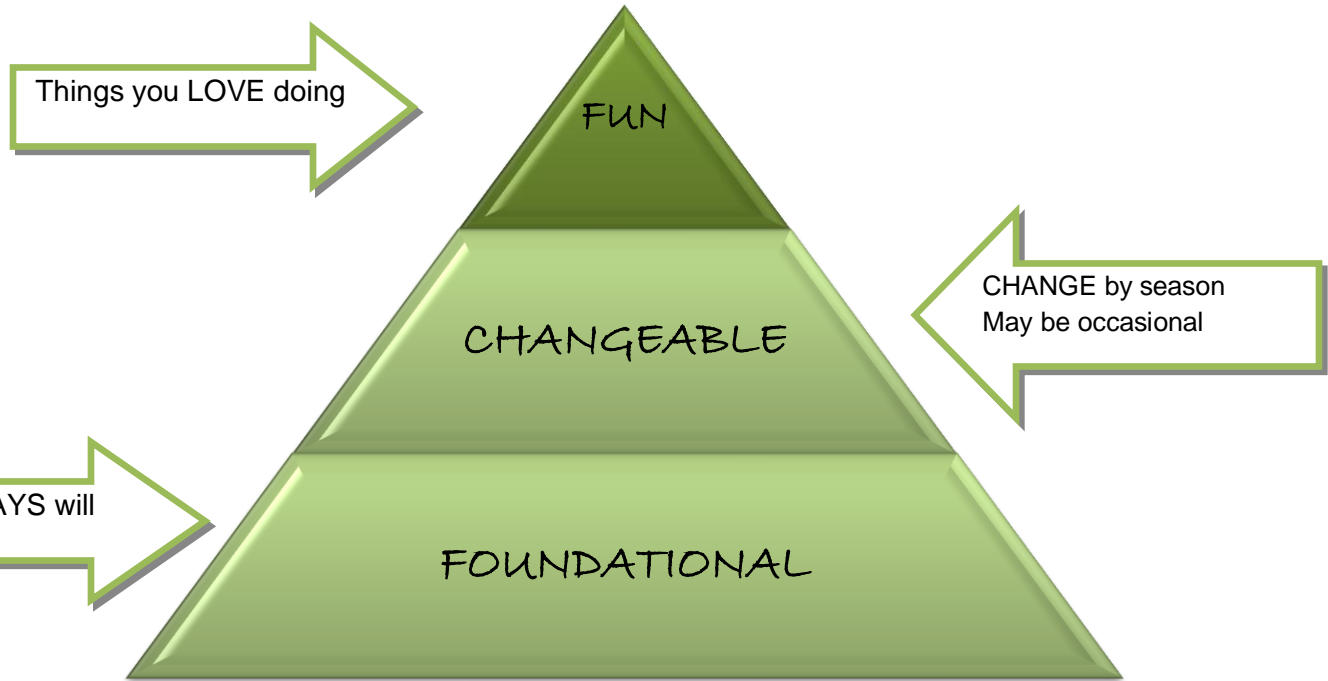




## Evolving Rhythm Pyramid



*Foundational:* Laundry, Meal, Shopping

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

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