Frequency	Parent's input (Picks one element or activity)	Child's input (Shared routine, picks one element or activity)
Daily	Walking dog Cooking dinner	Chooses route Chooses to chop veggies
Weekly	Going downtown Sporting event	Chooses favorite store Chooses what to wear (team colors)
Monthly	Trip to the ocean Bike ride or hike	Chooses state park Chooses the route/place
Yearly	One-week vacation	Chooses to see the aquarium