











DAILY HOUSE SCHEDULE *

* May change with program development

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7 am	Wake-Up:  <ul style="list-style-type: none"> ~ make bed neatly ~ tidy room 					Wake-Up 		
8- 8:30 am	Medications					↓ ↓ ↓ by 11:00 am at the latest		
9 am	AFFIRMATIONS							
10am – 11:30am (approx)	GROUP							
Noon			LUNCH			~ dress ~ chores ~ tidy room ~ self serve ~ make bed breakfast		
1:00 pm	2 – 3:00pm	1:30 – 3:30pm	STEP WORK	STEP WORK	STEP WORK	*All Chores Completed* *Open Laundry till 10:00pm* Sunday Dinner Prep Begins – Kitchen Closed 		
2:30	YOGA ॐ	 RECREATION	Special Groups and/or Personal Appointments	Everyone helps w/ groceries ☺ DR.'s VISIT	or Personal Appointments			
3:30 pm	Dinner Prep Begins – Kitchen is closed							
4:00 pm	STEP WORK STEP WORK STEP WORK STEP WORK STEP WORK STEP WORK STEP WORK							
4:45 pm	and/or ↓ ↓			Medications @ 4:45 pm				
5:00 pm					DINNER @ 5 pm			
7:00 pm	MEETINGS	MEETINGS	↓	MEETINGS	MEETINGS	MEETINGS	SPEAKER	
WEDNESDAYS – 7:30 pm: SELF DISCOVERY & WEEKEND PLANS 8 - 9 pm: IN-HOUSE MEETING								
9:00 pm	Medications							
10:30 pm	CURFEW / Television Off/ Kitchen Closed							
10:45 pm	*Last Phone Call Completed*							
11:00 pm			*BEDTIME – in rooms, lights out, quiet time*					

THURSDAYS are grocery-shopping days – all residents need to be home to help unpack the groceries.

PERSONAL APPOINTMENTS need to be scheduled for Wednesday and/or Friday afternoons so that Group & Program won't be interrupted.