

Daily Activity List

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wake up/ Make bed	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	8:00 AM	7:00 AM
Exercise (walk/run)	6:40 AM	6:40 AM	6:40AM	6:40 AM	6:40AM	Off	Off
Breakfast	7:15-7:45 AM	7:15-7:45 AM	7:15-7:45 AM	7:15-7:45 AM	7:15-7:45 AM	8-8:30 AM	7-7:30 AM
Chores	7:45-9:00 AM	7:45-9:00 AM	7:45-9:00 AM	7:45-9:00 AM	7:45-9:00 AM	8:30-10:00 AM	7:30-CHURCH AM
Bible Study/Life Controlling Issues Group	8:30-10:00 AM	8:30-10:00 AM	8:30-10:00 AM	8:30-10:00 AM	8:30-10:00 AM	12 Step 10:30-12 PM	Church
Life Controlling Issues Group Study	10:00-12:00 PM	10:00-12:00 PM	10:00-12:00 PM	10:00-12:00 PM	10:00-12:00 PM	Anger management 10:30-12 PM	Church 'til 1:30
Lunch	11:30-NOON	11:30-NOON	11:30-NOON	11:30-NOON	11:30-NOON	12-12:30 PM	1:30-2:00 PM
Work on/off property	12:30-5:00 PM	12:30-5:00 PM	12:30-4:00 PM	12:30-5:00 PM	12:30-5:00 PM	OFF	OPEN
Supper	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	5:00-6:00 PM	4:45-5:15 PM
Life CIGS	6:30-9 PM	6:30-9 PM	6:15 PM CHU	6:30-9 PM	6:30-9 PM	7:00 PM	Church til 9pm
Open/TV Time	9:00-10 PM	9:00-10 PM	9:00-10 PM	9:00-10 PM	9:00-10 PM	9:00-10 PM	9:00-10 PM
Quiet Time/ Lights Out	10:00-11:00 PM	10:00-11:00 PM	10:00-11:00 PM	10:00-11:00 PM	10:00-11:00 PM	10:00-11:00 PM	10:00-11:00 PM
One on One	4:00-9:00PM	4:00-9:00 PM		10:00-5 PM	4:00-9:00 PM	1:00-2:00PM	2:00-3:00PM
GED Tutoring		9:00-11:30AM	9:00-11:30AM	9:00-11:30AM			