



# girls house schedule

## Daily Weekday Schedule:



<b>7:00 AM – 8:00 AM</b>	Wake Up/Hygiene/Breakfast
<b>8:00 AM – 9:00 AM</b>	Morning Meditation/Daily Goals
<b>9:00 AM – 12:00 PM</b>	School
<b>12:00 PM – 1:00 PM</b>	Community Cooking/Lunch/Chores
<b>1:00 PM – 5:00 PM</b>	Groups
<b>5:00 PM – 6:30 PM</b>	Step Work/Sponsor Calls
<b>6:30 PM – 9:00 PM</b>	12 Step Meeting
<b>9:00 PM – 10:00 PM</b>	10th Step Work, 12 Step Meeting Process
<b>10:30 PM</b>	LIGHTS OUT

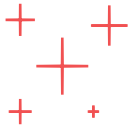
## Saturday Schedule (Non-Family Saturdays):

<b>8:00 AM – 9:00 AM</b>	Wake Up/Hygiene/Breakfast
<b>9:00 AM – 10:00 AM</b>	Morning Meditation/Daily Goals
<b>10:00 AM – 1:00 PM</b>	Community Outing
<b>1:00 PM – 3:00 PM</b>	Lunch/Chores/Free Time
<b>3:00 PM – 5:00 PM</b>	Physical Activity
<b>5:00 PM – 6:30 PM</b>	Dinner/Sponsor Calls
<b>6:30 PM – 10:00 PM</b>	12 Step Meeting or Sober Activity
<b>10:00 PM – 10:30 PM</b>	10th Step Work, 12 Step Meeting Reflection
<b>11:00 PM</b>	LIGHTS OUT



# girls house schedule

## Sunday Schedule:



<b>7:00 AM – 8:00 AM</b>	Wake Up/Hygiene
<b>8:00 AM – 9:00 AM</b>	Community Cooking/Breakfast/Chores
<b>9:00 AM – 12:00 PM</b>	Daily Meditation/Daily Goals
<b>12:00 PM – 1:00 PM</b>	Local Hike or Surfing/Lunch
<b>1:00 PM – 4:00 PM</b>	Deep Cleaning/Laundry/Free Time
<b>4:00 PM – 5:00 PM</b>	Community Cooking/Dinner/Chores
<b>5:00 PM – 6:30 PM</b>	12 Step Meeting
<b>6:30 PM – 9:00 PM</b>	10th Step Work, 12 Step Meeting Reflection
<b>9:00 PM – 10:00 PM</b>	LIGHTS OUT