



August/Sept

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am-9:45am	Wake up/make beds	Wake up/make beds	Wake up/Make bed 6:30a leave house	Wake up/Make bed	Wake up/Make bed	SLEEP IN	SLEEP IN
	Breakfast Chores	Breakfast Chores	HARDCORE HARBOR Meeting	Breakfast Chores	Breakfast Chores	Wake up/Make bed	Wake up/Make bed
9:45am	9:45a leave house	9:45a leave house	GYM	9:45a leave house	9:45a leave house	DEEP CLEAN HOUSE	9:15a-11:00a Softball or Church
10am-10:20am	meditation at office	meditation	Return home Breakfast Chores	meditation	meditation	FAMILY GROUP Saturday 9:30a Family Group snack & lunch break Home after group ends *if group ends after 4p you will go back to the house & relax	11:30a CHORES LUNCH RELAX
10:30am-12pm	Group Work	Group Work	11:45a Go to Office	Group Work	group work		1pm Panel at office
12pm-12:30pm	Lunch	Lunch	Lunch	Lunch	Lunch		
12:30pm-2pm	Group Gender Process Men & Women	Group gender process mens & women	Group  Phsysc Visits	Activity beach sports	Group gender process men & women		
2pm-3:30pm	GYM or alternative 3p head home	3p HOME  4:30p-6:30p WOMEN'S MEETING		3p HOME	Gym or alternative 3p head home		
5pm							
6pm	Dinner	5:45p-8:30p MEN'S MEETING	Dinner	Dinner	Dinner	RELAX FREE TIME Journal, Etc.	Dinner
6:30pm-9:30pm	BS, Amber, PA NA meeting 8pm  Elmo, CH 7pm NA meeting	EAT Rest TV Journal, Etc.	Free time Journal, Etc.	BS, Amber, PA NA meeting 7:30  Elmo, CH NA men's stag 7pm	BS, Amber, PA AA meeting 7pm  Elmo, CH CA meeting 6:30pm	BS, Amber, PA AA meeting 7pm Elmo, CH NA meeting 8pm	BS, Amber, PA AA speaker meeting Elmo, CH NA Meeting
9:30pm-10pm	FREE TIME Journal, Etc. MEDS	FREE TIME Journal, Etc. MEDS	MEDS	FREE TIME Journal, Etc. MEDS	FREE TIME Journal, Etc. MEDS	FREE TIME Journal, Etc. MEDS	Mandatory House Meeting All Residents
11pm	Bed	Bed	Bed	Bed	Bed	Bed	FREE TIME Journal, Etc. MEDS