

New Life Girls' Home
Weekly Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-7:45	Wake up/Showers	Wake up/Showers	Wake up/Showers	Wake up/Showers	Wake up/Showers		Wake up/Showers
7:45-8:00	Med Call	Med Call	Med Call	Med Call	Med Call	Med Call	Med Call
8:00-9:15	Breakfast & Morning Job Duties	Breakfast & Morning Job Duties	Breakfast & Morning Job Duties	Breakfast & Morning Job Duties	Breakfast & Morning Job Duties	Wake up/Showers	Breakfast/prepare for church
9:30-10:30	Group Class	Community Service/Individual Study	Praise & Worship	Community Service/Individual Study	Corporate Game	Breakfast & Morning Job Duties	Church/Ministry
10:30-10:45	Break	Break	Break	Break	Break	Free time	
10:50-11:50	Group Class	Community Service/Individual Study	Gym/Outside Work	Community Service/Individual Study	Chapel & Speaker		
12:00-1:00	Lunch & Job duties	Lunch & Job duties	Lunch & Job duties	Lunch & Job duties	Lunch & Job duties	Lunch & Job duties	
1:00-2:30	Group Class	Community Service/Individual Study/Coaching	Life Skills/Courses	Community Service/Individual Study/Coaching	1:00 - 4:00 Major Job Duties 1:00 - 2:30 Staff Meeting and Break	Free time	Lunch & Job Duties
2:30-2:45	Break	Break	Break	Break		Activities Study time Break	Free time and Supper prep
2:50-3:30	Fitness	Fitness	Life Skills	Fitness			
3:30-4:00	Free time	Free time	Free time	Free time			
4:00-5:00	Supper prep	Supper prep	Supper prep	Supper prep	Supper prep	Supper prep	
5:00-7:00	Supper & Evening Job Duties/Laundry/ Study time	Supper & Evening Job Duties/Laundry/ Study time	Supper & Evening Job Duties/Laundry/ Study time	Supper & Evening Job Duties/Laundry/ Study time	Supper, clean up, activities, shopping, movies etc...	Supper & Job Duties	Supper & Job Duties
7:00-8:00	Free time	Free time	Free time	Free time		Free time	Free time and Evening devotion and prayer
8:00-8:15	Snack	Snack	Snack	Snack			
8:15-8:45	Evening devotions and prayer	Evening devotions and prayer	Evening devotions and prayer	Evening devotions and prayer			
8:45-9:15	Showers	Showers	Showers	Showers	Showers	Showers	Showers
9:15-9:30	Med Call	Med Call	Med Call	Med Call	Med Call, Quiet Time, lights out at 11:30	Med Call, Quiet Time, lights out at 11:30	Med Call
9:30-10:30	Quite time	Quite time	Quite time	Quite time			Quiet time
10:30	Lights out	Lights out	Lights out	Lights out			Lights Out