

Typical Daily Schedule

Monday through Thursday:

6:30 am Wake-up
 6:45 am Breakfast & Meditation
 7:00 am Chores
 7:30 am School and/or Work

3:00 pm Return from school
 Extra-Curricular Participation
 Part-time Employment
 Study Hall
 4:00 pm Curves
 5:30 pm NSL House Meal
 6:00 pm Chores
 7:00 pm Group, 12 Step Meeting
 9:00 pm Study, Free Time
 9:30 pm Meds
 10:30 pm In Bedroom
 11:00 pm Lights Out

Friday:

6:30 am Wake-up
 6:45 am Breakfast & Meditation
 7:00 am Chores
 7:30 am School and/or Work

3:00 pm Return from school
 Extra-Curricular Participation
 Part-time Employment
 Study Hall
 4:00 pm Curves
 5:30 pm NSL House Meal
 6:00 pm Chores
 7:00 pm School Activity
 12 Step Meeting
 9:00 pm Free Time
 9:30 pm Meds
 12:30 am In Bedroom
 1:00 am Lights-Out

Saturday:

8:00 am Wake-up
 8:30 am Meditation and Breakfast
 9:00 am NSL House Cleaning
 12:00 pm Lunch
 12:30 pm Chores
 1:00 pm Life-Skills Programming
 3:00 pm Free Time
 4:30 pm House Meeting
 5:30 pm NSL House Meal
 6:00 pm Chores
 7:00 pm NSL Activity
 9:30 pm Meds & Free Time
 12:30 am In Bedroom
 1:00 am Lights Out

Sunday:

8:00 am Wake-up
 8:30 am Meditation and Breakfast
 9:00 am Chores
 9:30 am Church
 12:30 pm Lunch
 1:00 pm Chores
 2-5 pm Visitation and Free Time
 4:30 pm House Meeting
 5:30 pm NSL House Meal
 6:00 pm Chores
 6:30 pm Youth Group or AA
 9:30 pm Meds
 10:30 pm In Bedroom
 11:00 pm Lights Out