



## RESIDENT SCHEDULE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
9:00 AM	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation	Morning Meditation		
	NO TV from 9AM to 4:30PM unless you are on a day off from work. At The Houses of Extra Measures we work on developing a healthy, productive, esteem-building lifestyle. The healthy behavior expected of you is to be busy working on your life goals, ie: creating / updating a resume, job search, work with a sponsor or doing step work, volunteering, anything productive toward goals! Social media doesn't count!!						
4:00 PM							Literature or Education Meeting
Dinner served between 6:00 & 6:30 PM	Resident Prepared Dinner	Resident Prepared Dinner	Resident Prepared Dinner	Resident Prepared Dinner	Fridays & Saturdays dinner on your own; leftovers available!		Resident Prepared Dinner  Chores Completed by 6:30PM
6:45 PM	Evening recovery meeting 6pm or after required if you don't have a job or aren't volunteering 20 hours/ week. If you have a job or are volunteering 20+ hours/ week you can attend a meeting any time of the day.						
7:00 PM			2nd Wed: Alumni 3rd Wed: House 4th Wed bday night				
7:30 PM	1st Monday NA Meeting	Make sure all weekly schedules are filled out and turned in before the House Meeting for all-non full time working residents.					House Meeting
9:45 PM	CURFEW	Wrap-Up & CURFEW	CURFEW	Wrap-Up & CURFEW			CURFEW
11:00 PM							
12:00 AM	Up to Private Areas Sundays thru Thursdays				Curfew (pre 5th Step)		Up to Private Areas Sun thru Thurs
1:00 AM	Lights Out Sundays thru Thursdays				Curfew (post 5th Step)  Up To Private Areas Fridays & Saturdays		Lights Out Sundays thru Thursdays
2:00 AM					Lights Out Fridays & Saturdays		