

Time:	Mon. 29th	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
						Sleeping	Sleeping
5:00 AM	Sleeping	Sleeping	Sleeping	Sleeping	Sleeping		
5:30 AM	↓	↓	↓	↓	↓		
6:00 AM	Wake up	Wake up	Wake up	Wake up	Wake up		
6:30 AM	Get Ready	Get Ready	Get Ready	Get Ready	Get Ready		
7:00 AM	Eat breakfast	Eat breakfast	Eat breakfast	Eat breakfast	Eat breakfast		↓
7:30 AM	Leave for Work	Leave for Work	Leave for Work	Leave for Work	Leave for Work	↓	Wake up
8:00 AM	Start Work	Start Work	Start Work	Start Work	Start Work	Wake up	Get Ready
8:30 AM						Get Ready	
9:00 AM		<b>(EXAMPLE)</b>					At Church
9:30 AM						Do Chores	
10:00 AM							
10:30 AM							
11:00 AM							↓
11:30 AM	↓	↓	↓	↓	↓	↓	
<b>Noon</b>	Go to Lunch	Go to Lunch	Go to Lunch	Go to Lunch	Go to Lunch	Go to AA Mtg.	
12:30 PM	Back to Work	Back to Work	Back to Work	Back to Work	Back to Work		
1:00 PM						↓	
1:30 PM						Go out to lunch	
2:00 PM							Call Sponsor
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	↓	↓	↓	↓	↓		
5:00 PM	Stop Work	Stop Work	Stop Work	Stop Work	Stop Work		
5:30 PM	Back Home	Back Home	Back Home	Back Home	Back Home		
6:00 PM	Relax	Relax	Relax	Relax	Relax		Church group
6:30 PM	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner	Eat Dinner		
7:00 PM	Go to AA Mtg.	Play Videos	Go to AA Mtg.	Play videos	Go to AA Mtg.	Go to Movie	
7:30 PM		↓		↓			
8:00 PM	↓	Do Homework	↓	Do Homework	↓		↓
8:30 PM	Go for Coffee	↓	Meet Sponsor	↓	Go for Coffee		
9:00 PM	↓	Free Time	↓	Free Time	↓		
9:30 PM	Back home	↓	Back home	↓	Back home		Back home
<b>10:00 PM</b>	Go to Sleep	Go to Sleep	Go to Sleep	Go to Sleep	Go to Sleep	↓	Go to sleep