

Mending Hearts Weekly Planner



Office: 615-385-1696

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	R E S T
6:30 a.m.	Chores	Chores	Chores	Chores	Chores	Chores	
7:00 a.m.	Spirituality	Spirituality	Spirituality	Spirituality	Spirituality	Spirituality	
7:30 a.m.	Job Search	Job Search	Job Search	Job Search	Job Search	Job Search	
8:00 a.m.							
8:30 a.m.							
9:00 a.m.							
9:30 a.m.							
10:00 a.m.							
10:30 a.m.	R E L A X A N D R E S T A N D R E L A X						
11:00 a.m.							
11:30 a.m.							
12:00 p.m.							
12:30 p.m.							
1:00 p.m.							
1:30 p.m.							
2:00 p.m.							
2:30 p.m.							
3:00 p.m.							
3:30 p.m.	Community Service	Community Service	Community Service	Community Service	House Meeting	Community Service	
4:00 p.m.							
4:30 p.m.	G.E.D. Classes	Recovery Skills	Relapse Prevention	Pastoral Care			
5:00 p.m.							
5:30 p.m.			G.E.D. Classes				
6:00 p.m.							
6:30 p.m.							
7:00 p.m.							
7:30 p.m.							
8:00 p.m.							
8:30 p.m.	Curfew under 90	Curfew under 90	Curfew under 90	Curfew under 90		Curfew under 90	
10:00 p.m.							
10:30 p.m.	Curfew over 90	Curfew over 90	Curfew over 90	Curfew over 90	Curfew under 90	Curfew under 90	
11:00 p.m.							
11:30 p.m.					Curfew over 90	Curfew over 90	
12:00 a.m.							
12:30 a.m.					Curfew over 90	Curfew over 90	

If you are not employed, the 8:00 a.m. to 4:00 p.m. time period is for Job Search.

Everyone that is not employed must work Community Service Monday thru Thursday and Saturday.

Mandatory meetings that you are required to attend are listed in BOLD type.