



SAMPLE SCHEDULE

7:15 AM	Must be out of bed and getting ready for the day
7:30-8:00 AM	Breakfast
8:00 AM	School
12:00 PM	Lunch
1:00-2:00	Nap Time
2:00-4:30	Life Skills/Baby & Me Time/Drs. Appts
4:30-6:00pm	Dinner Prep / Dinner and cleanup.
6:30-7:00	Devotion
7:00-9:30	Evening Activities/Phone calls/ Free Time
9:30-10:00pm	Prepare for Bedtime Lights out no later than 10:15pm