FreshStart
SOBER LIVING

My Weekly Schedule

Name _____

DAILY TASKS

Plan your week ensuring that the following priorities are scheduled daily.

My Sobriety / Spiritual Well-Being (2.5-3 Hours)

- Prayer/Meditation
- Meeting Attendance
- Sponsorship (Call Daily)
- 12 Step Work/Assignments
- Home Group
- Service Commitment
- Call (3) Alcoholics

My Employment / Financial Well-Being (8 Hours)

- Daily Pay Job (Start)
- Weekly Pay Job
- Bi-Weekly Pay Job

My Health / Physical Well-Being (12-13.5 Hours)

- Sleep (8 Hours)
- Personal Hygiene/Bathe (1-1.5 hours)
- Nutrition/Meals (2.5-3 Hours)
- Exercise (.5-1 Hours)

Other (2.5 Hours)

- House Chores (.5)
- Laundry (1.5)
- Hobby / Entertainment (.5)

Notes:

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM to 7:00 AM							
7:00 AM to 8:00 AM							
8:00 AM to 9:00 AM							
9:00 AM to 10:00 AM							
10:00 AM to 11:00 AM							
11:00 AM to 12:00 PM							
12:00 PM to 1:00 PM							
1:00 PM to 2:00 PM							
2:00 PM to 3:00 PM							
3:00 PM to 4:00 PM							
4:00 PM to 5:00 PM							
6:00 PM to 7:00 PM							
7:00 PM to 8:00 PM							
8:00 PM to 9:00 PM							
9:00 PM to 10:00 PM							
10:00 PM to 11:00 PM							
11:00 PM to 12:00 AM							
12:00 AM to 1:00 AM							
1:00 AM to 2:00 AM							
2:00 AM to 3:00 AM							
3:00 AM to 4:00 AM							
4:00 AM to 5:00 AM							
5:00 AM to 6:00 AM							

Easy Does It One Day At A Time Keep It Simple Live and Let Live Think Think Think