

GIRLS' Point Sheet

Updated 11/10/2009

Friday

6:30	Wake up	5
6:30-7:00	Make Bed	5
	Hygiene	5
	Room Chores	5
7:00-7:30	Breakfast / Meds	5
	Clean-up	5
7:30-9:00	English	30
9:00-10:30	Kick Boxing	30
10:30-11:30	Social Studies	30
11:30-12:00	Lunch	10
12:00-1:30	Math	20
1:30-3:30	Group	50
3:30-4:30	SDS Study	30
4:30-5:00	School Study	10
5:00-5:30	Dinner	10
5:30-6:00	Therapy	10
6:00-7:45	Deep Clean Cottage	40
7:45-8:50	Hobby Groups/ L3 Outing	20
8:50-9:20	Meds / Snacks	10
	Journals / Goals	10
9:20-10:00	Hygiene (Shower)/Bed	10
10:00	Lights out	5

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Saturday

8:30	Wake up	5
8:30-9:00	Make bed	10
	Dress / Hygiene	10
9:00-9:30	Breakfast / Meds	50
9:30-10:50	Group	40
10:50-11:50	Deep Clean Rooms	20
11:50-12:40	Sports/Lv2/3 Activity/Gym	10
12:40-1:10	Lunch	10
1:10-1:30	Clean-up	20
1:30-3:00	Study Hall	30
3:00-4:30	Drama Class	20
4:30-6:30	Movie/Calls	10
6:30-7:00	Dinner	10
7:00-7:20	Clean-up/ Chores	10
7:20-8:00	Free Time	20
8:00-8:50	DBT check-ins	10
8:50-9:20	Meds / Snacks	10
	J&G's (point incentive +10)	
9:20-10:00	Hygiene (Shower)/Bed	10
10:00	Lights out	5

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Total

	Possible	Received
Monday	355	
Tuesday	345	
Wednesday	365	
Thursday	355	
Friday	355	
Saturday	305	
Sunday	295	
Total	2375	

Percentage

Sunday

8:30	Wake up	5
8:30-9:00	Make bed	5
	Room Chores	10
	Dress / Hygiene	10
9:00-9:30	Breakfast / Meds	10
9:30-9:50	Clean Up	10
10:00-11:00	NA / AA Meeting	30
11:00-12:30	Free Time	10
12:30-1:00	Lunch	10
1:00-1:20	Clean Up	10
1:20-2:00	Current Events	10
2:00-3:30	Music	30
3:30-4:00	Free Time / Calls	10
4:00-5:00	Group	50
5:00-6:00	Team Sports	20
6:00-6:30	Dinner	10
6:30-8:00	Study Hall / Calls	20
8:00-8:50	Meditation / Calls	10
8:50-9:20	Meds / Snacks	10
	J&G's (point incentive +10)	
9:20-10:00	Hygiene (Shower)/Bed	10
10:00	Lights out	5

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