



The Foundation for Independent Living, Inc.

SAMPLE WEEKLY SCHEDULE

NAME: John Smith (EXAMPLE)

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	TIME	SUN
Early a.m.	Begin day Breakfast Prepare for work	Begin day Breakfast Prepare for work	Begin day Breakfast Prepare for work	Begin day Breakfast Prepare for work	Begin day Breakfast Prepare for work	11:00 a.m. to 4:00 p.m.	Activity	2:00 p.m. to 4:00 p.m.	Fitness Center or Shopping
	Work	Work	Work	Work	Work				Or Personal Goals
5:00 p.m.	Dinner Preparation & Dinner	Recipe Cooking Session	Dinner Preparation & Dinner	Dinner Preparation & Dinner	Dinner Preparation & Dinner	6:00 p.m. to 10:00 p.m.	OPEN OFFICE Open Office is an opportunity for leisure and socializing in the Community Center with Staff support		Group Support Sessions: Job Hygiene Clothing Care SLDR*
6:00 p.m.	Fitness Center	Personal Health Group	Fitness Center	Arts & Crafts	Food Shopping Group			6:00 p.m.	
7:00 p.m.	Time Management Coaching	Fitness Center	Personal Finances Coaching	Business Meeting					
8:00 p.m.	Leisure Group	Leisure Group	Sports Talk Group or Drama Club	House Cleaning Coaching	F.N.O. Friday Night Out				
9:00 p.m.	Socializing Relaxing	Socializing Relaxing	Socializing Relaxing	Socializing Relaxing					

*Successful Daily Living Routines