

Meaningful Week – young adult

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------------------|---|--|--|---|-------------------------------|----------------------|
| Morning | Gym Home Duties | Hair washing appointment at local hairdresser | Work – Office Administration Assistant | Work – Office Administration Assistant | Art Co-op | Stall at art and craft market | |
| Afternoon | Art Class | University Class - Art History | Appointments | University Class - Fine Arts | Hair washing appointment at local hairdresser | Home Duties | |
| Evening | | | Cook Dinner Home Duties | Yoga | Movies | | Church Family Dinner |