

House Rules

- No caffeine after 7:00 pm
- No sleeping during the day
- You need to remain at the dinner table until all ladies are finished with dinner
- The TV can only be on during these hours: Morning News (by request and coach discretion) and 5 PM- 10PM
- No swimming without a "buddy"
- All trash goes into purple bags and taken to the road to be picked up on Tuesday night
- When you use a blanket, please fold it up and put it away when you are done
- If you do not list an item on the grocery list, then you will have to wait until the next Saturday to get the item. Even if we run out.
- We have a **ZERO violence** policy. If a participant harms another person (staff or another participant) she will be IMMEDIATELY excused from the program.

Classes

- Be on time (if you are late for classes, the amount of time that you are late will be deducted from your phone time that week)
- You must participate in all classes

Clothing

- No spaghetti straps, halter tops, short shorts or midriffs
- You cannot come to class or scheduled activities in what you slept in. No pajama's allowed during the daytime. You must be appropriately dressed for the day at the end of AM personal time (this is at staff's discretion- for example wear a bra under your clothing and no wet towels in hair and no see through clothing).

Name: _____ Date: _____