

House Rules – My Next Chapter

To ensure a safe, clean, and respectful living environment for everyone, all residents are expected to follow these house rules at all times:

General Rules

1. No Guests –allowed
2. No Drugs or Alcohol – Absolutely no use or possession on the property.
3. Do Not Tamper with Cameras – Security cameras must not be unplugged, covered, or moved.
4. Maintain Cleanliness – Keep both personal and shared spaces clean at all times.
5. No Medication Sharing – Sharing or exchanging medications is strictly prohibited.
6. No Pets – Pets are not allowed
7. Respect Others – Be kind, courteous, and respectful to everyone at all times.
8. Noise Control – No loud music or disruptive noise before 10 AM or after 7 PM.
9. No Sleeping on Couches – Overnight sleeping in common areas is not permitted.
10. Parking – Only park in designated areas. Do not block driveways or access points.

Cleaning Expectations

11. Clean As You Go – Always clean up immediately after using the kitchen, bathroom, or any shared space.
12. Dishes – Wash dishes right after use; do not leave them in the sink.

13. Shared Areas – Wipe down countertops, tables, and surfaces after use.

14. Trash Disposal – Take out trash and recycling regularly. Replace liners after removing bags.

15. Refrigerator – Clean spills immediately and throw out expired food.

16. Clutter-Free – Keep shared spaces free of personal belongings.

17. Bathroom Etiquette – Keep shared bathrooms clean, hang towels, wipe sinks, flush, and limit time during peak hours.

18. Vacuuming & Sweeping – Sweep/vacuum high-traffic areas regularly to reduce dust buildup.

19. Laundry Area – Clean the lint trap after every use. Wipe down machines after spills.

20. Chores Schedule – Follow any posted cleaning/chore schedule to keep shared areas tidy.

Curfews

21. Kitchen Curfew – No cooking after 9:00 PM.

22. Laundry Curfew – No laundry after 8:00 PM.

Food & Kitchen Rules

23. No Stovetop Cooking – Stovetop use is not permitted.

24. Respect Food Boundaries – Only eat your own food. Do not take anything that isn't yours.

Acknowledgment of Rules

By signing below, I confirm that I have read, understand, and agree to follow all the house rules listed above while residing at My Next Chapter I understand that failure to follow these rules may result in disciplinary action, including possible removal from the program.

Resident Name (Print): _____

Resident Signature:

Date: _____