

Phase One Rules and Expectations

- No smoking or any other tobacco/nicotine products allowed in the house
- No foul language or any worldly talk
- No non-Christian music (CD or radio)
- No TV
- No phone calls while in Phase One
- No reading material other than the Bible
- Be five minutes early for everything
- Pray for one another
- Respect one another in word and attitude
- Keep your area NEAT, clothes folded, bed made (directly after proverbs make your bed)
- No laying in your bed during work hours
- You may wear boxers and tank tops in your room but in the rest of the house you must have on at the least shorts and a t-shirt
- No morning showers, showers are taken after the work day 4-5:30
- Showers are a maximum of five minutes water time
- No horse play
- This is a discipleship ranch: glorify God in word, thought, and action
- Hold each other accountable
- If you don't know, ask someone who does
- Don't touch the thermostat, notify your overseer if you have any discomfort
- Turn off all lights and fans when leaving any room
- Clean up after yourself at all times
- Keep the house clean at all times
- Any graffiti or defacing of property will result in immediate dismissal
- All clothes are to be neatly folded and put up away at all times
- Everything has a place, do not leave things lying around
- Everyone will have a house chore
- Do not go into the overseer's room or bathroom
- Do not go into the second phase rooms or bathrooms
- Do not leave the house or step out onto the back deck or yard
- If someone knocks on the door have an overseer answer it
- If you feel like opening a window or sliding door ask an overseer
- No hanging out in the kitchen area
- All meals will be prepared and served by the assigned cook
- All meals are to be eaten at the dining room table
- Only the cook may make coffee
- Only the cook can access the kitchen refrigerator and the downstairs freezers for food
- You have access to the mini fridge for drinks and the snack cabinet
- The snack cabinet is open from 7:00 am to 9:00 pm Sunday-Thursday 11:00 pm Friday & Saturday.

- No snacks or food is to be eaten in any room in the house but the dining room
 - No foods in the bedroom, drinks are okay.
 - The pool and basket ball court is open on Saturday after work day and Sunday after visits until 5:30 pm
 - Movies are watched Friday after study, Saturday after workday, and Sunday after visits.
 - You may play board games/cards, this is a privilege not an opportunity to gamble or talk about worldly things
 - After your third week you are allowed immediate family visits at the ranch
 - Your family is allowed to bring you snacks and personal items
 - Any personal or other items must be checked and cleared by an overseer
- Discipline:
- Word Fast - It means no talking at all. If you are on a word fast and someone talks to you, the only response you can give is, "I am on word fast, I am not supposed to talk and no one is supposed to talk to me." The only exception is when a pastor or overseer addresses you, however you may not initiate conversation. Word fast is over when your overseer decides.
 - Essays - You will write an essay on Scripture, your overseer determines which Scripture you will be writing on, and how much to write on it. Essays are written from 9:30 pm to 11:30 pm, not during free time
 - Time restart/additional time added - Either a month can be added in addition to your sixty days or your sixty days will start all over again. If for any infraction your time is altered by an overseer, for that remaining time you will lose the privilege of Sunday family visits
 - Loss of privileges - When you are on any form of discipline you have no privileges. The loss of privileges may also be used as a form of discipline itself
 - You are limited to one load of laundry a week, no excessive loads Phase One laundry days are Friday and Saturday
 - You must notify an overseer of your intentions if you plan on stepping out of the house for any reason (i.e. taking out the trash)
 - There is a weekly Scripture verse that needs to be memorized. A five hundred word essay on your memory verse must also be completed weekly, along with whatever chapter in the discipleship packet the house is on that week
 - The memory verse, the essay and the packet must be completed by Monday evening 7 pm every week at the latest
 - All outgoing mail must be given to your overseer unsealed to be mailed out, and all incoming mail must be opened in front of your overseer
 - Mail (incoming or outgoing) is to be kept to immediate family members only (no girlfriends, fiancés, or mail to or from any correctional facilities)
 - While outside the house premises you must always be with at least one other person, no one is permitted to walk around alone
 - Notify your overseer before you do anything, i.e. taking the trash out to the dumpster, going to the bathroom... if you're unsure if you're allowed, ASK!
 - When attending church services you must bring your notebook and bible

- You must sit in the assigned row facing forward; no getting up or turning around before, during, or after service
 - No matter where a study starts, whether at church, in the house, or even during a video, there is no talking, getting up or slouching
 - On work details, you MUST bring and wear a name tag at all times
 - Do not be alone with a woman
 - You may not look at or initiate conversation with females
 - If approached by a female, be polite, be brief and excuse yourself from the conversation
 - At any time you may be subjected to inspection either of your person or your property and you may be tested at any time for drug, alcohol and nicotine use.
 - Failure to comply will result in immediate dismissal
 - If you decide to leave the program no ride will be given.
 - If you leave your belongings behind we will hold them at the Freehold U-Turn for Christ home for 72 hours. If they are not picked up after that time, they will be donated.
- Upon entry to the program there will be no refunds issued if you do not complete your time in Phase One.
- You may be notified of any changes or additions to the rules verbally at any time
 - Any exception to a rule is temporary unless otherwise stated

We pray that your stay at U–Turn for Christ will be a blessed time and a time that you will grow closer to the Lord and His purposes for your life.

Please review the attached rules and regulations above and sign below:

Name Date

Contact Information:

Name (Print): _____
Address: _____
Phone: _____
E– Mail: _____
Social Security: _____ DOB: _____

Emergency Contact Information

Name (Print): _____
Address: _____
Phone: _____
E– Mail: _____

Those from among you shall build the old waste places, you shall raise up the foundations of many generations. – Isaiah 58:12