

Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7:00 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up			
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			
8:00 AM	Prepare the Day	Prepare the Day	Prepare the Day	Prepare the Day	Prepare the Day	Prepare the Day			
8:30 AM	Get Fit	Chores	Get Fit	Chores	Get Fit	Chores			
9:00 AM									
9:30 AM	Chores	Addiction Recovery	Chores	Group W/Dr. Cash	Chores	Recreational Therapy Lunch		Do-it Breakfast	
10:00 AM								Cleaning Day	
10:30 AM	Discovery Quest		Discovery Quest					Discovery Quest	
11:00 AM									
11:30 AM	Follow-Through	Follow-Through	Follow-Through		Follow-Through		Follow-Through		
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch		
12:30 PM									
1:00 PM	Life Quest	Work Therapy	Life Quest	Individual Therapy	Work Therapy		Life Quest	Personal Time/Follow Through/Mastery Videos	
1:30 PM									
2:00 PM	Vocational Skills		Back to Nature	Individual Therapy	Exercise Center	Career Development			
2:30 PM				Individual Therapy					
3:00 PM				Individual Therapy					
3:30 PM									
4:00 PM		Exercise Center							
4:30 PM									
5:00 PM	Eve Chores	Weekly Shopping/Planning	Eve Chores	Eve Chores	Eve Chores	Eve Chores	Eve Chores		
5:30 PM									
6:00 PM	Dinnertime	Dinnertime	Dinnertime	Dinnertime	Dinnertime	Dinnertime	Dinnertime		
6:30 PM									
7:00 PM	Reflection Hour	ITAA Meeting	Free Time	Reflection Hour	Free Time	Reflection Hour	Fireside		
7:30 PM									
8:00 PM	Mindfulness Training	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness		
8:30 PM	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time		
9:00 PM									
9:30 PM									
10:00 PM									
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		

