

# DAILY SCHEDULE

*\*SCHEDULE IS SUBJECT TO CHANGE\**

## MONDAY

**7AM** WAKE UP CALL | **7AM** MEDICATION  
**7-9AM** ROOM CLEAN UP & BREAKFAST  
**9-10AM** RECREATIONAL THERAPY MEETING  
**10-12PM** RECOVERY & EMPOWERMENT GROUP  
**12-1PM** LUNCH | **12PM** MEDICATION  
**1-2:30PM** RELAPSE PREVENTION | **1PM** NEUROTHERAPY  
**2:45-4PM** SOCIAL SUPPORT & HOMEWORK REVIEW  
**4-5PM** PERSONAL TIME  
**5-6PM** DINNER | **5PM** MEDICATION  
**6-7PM** PERSONAL TIME  
**7-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING  
**8:30-11PM** PERSONAL TIME | **10PM** MEDICATION  
**11PM** LIGHTS OUT

## WEDNESDAY

**7AM** WAKE UP CALL | **7AM** MEDICATION  
**7AM-9AM** ROOM CLEAN UP & BREAKFAST  
**9AM-10AM** RECREATIONAL THERAPY MEETING  
**10AM-12PM** RECOVERY & EMPOWERMENT GROUP  
**12PM-1PM** LUNCH | **12PM** MEDICATION  
**1PM-2:30PM** RELAPSE PREVENTION  
**2:45PM-4PM** SOCIAL SUPPORT & HOMEWORK REVIEW  
**4PM-5PM** PERSONAL TIME  
**5PM-6PM** DINNER | **5PM** MEDICATION  
**6PM-7PM** PERSONAL TIME  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING  
**8:30PM-11PM** PERSONAL TIME | **10PM** MEDICATION  
**11PM** LIGHTS OUT

## FRIDAY

**7AM** WAKE UP CALL | **7AM** MEDICATION  
**7AM-9AM** ROOM CLEAN UP & BREAKFAST  
**9AM-10AM** RECREATIONAL THERAPY MEETING  
**10AM-12PM** COOKING & EXPLORATION OF TALENT  
**12PM-1PM** LUNCH | **12PM** MEDICATION  
**1PM-2PM** PHYSICAL WELLNESS  
**2PM-4PM** SOCIAL SUPPORT & HOMEWORK REVIEW  
**4PM-5PM** PERSONAL TIME  
**5PM-6PM** DINNER | **5PM** MEDICATION  
**6PM-7PM** PERSONAL TIME  
**7PM-8:30PM** LIFE SKILLS IN RECOVERY/OUTING  
**8:30PM-2AM** PERSONAL TIME | **10PM** MEDICATION  
**2AM** LIGHTS OUT

## SUNDAY

**7AM** WAKE UP CALL | **7AM** MEDICATION  
**7AM-9AM** ROOM CLEAN UP & BREAKFAST  
**9AM-12PM** ACTIVITIES OF DAILY LIVING OR SPIRITUAL OUTING  
**12PM-1PM** LUNCH & MEDICATION | **12PM** MEDICATION  
**1PM-2:30PM** SOCIAL SKILLS (LEARNING TO LIVE SOBER)  
**3PM-6PM** PERSONAL TIME/VISITING HOURS  
**5PM-6PM** DINNER | **5PM** MEDICATION  
**6PM-7PM** PERSONAL TIME  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING  
**8:30PM-11PM** PERSONAL TIME | **10PM** MEDICATION  
**11PM** LIGHTS OUT

## TUESDAY

**7AM** WAKE UP CALL | **7AM** MEDICATION  
**7AM-9AM** ROOM CLEAN UP & BREAKFAST  
**9AM-11AM** RECOVERY & EMPOWERMENT GROUP  
**11AM-12:30PM** RELAPSE PREVENTION | **12PM** MEDICATION  
**12:30PM-2PM** LUNCH  
**2PM-3PM** PHYSICAL WELLNESS  
**3PM-4PM** SOCIAL SUPPORT & HOMEWORK REVIEW  
**4PM-5PM** PERSONAL TIME  
**5PM-6PM** DINNER | **5PM** MEDICATION  
**6PM-7PM** PERSONAL TIME  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING  
**8:30PM-11PM** PERSONAL TIME | **10PM** MEDICATION  
**11PM** LIGHTS OUT

## THURSDAY

**7AM** WAKE UP CALL | **7AM** MEDICATION  
**7AM-9AM** ROOM CLEAN UP & BREAKFAST  
**9AM-11AM** RECOVERY & EMPOWERMENT GROUP  
**11AM-12:30PM** RELAPSE PREVENTION | **12PM** MEDICATION  
**12:30PM-2PM** LUNCH | **1PM** NEUROTHERAPY  
**2PM-3PM** RECREATIONAL THERAPY  
**3PM-4PM** SOCIAL SUPPORT & HOMEWORK REVIEW  
**4PM-5PM** PERSONAL TIME  
**5PM-6PM** DINNER | **5PM** MEDICATION  
**6PM-7PM** PERSONAL TIME  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING  
**8:30PM-11PM** PERSONAL TIME | **10PM** MEDICATION  
**11PM** LIGHTS OUT

## SATURDAY

**7AM** WAKE UP CALL | **7AM** MEDICATION  
**7AM-9AM** ROOM CLEAN UP & BREAKFAST  
**9AM-11AM** ACTIVITY OF DAILY LIVING  
**11AM-12PM** SOBER FUN PLAN & RECREATIONAL THERAPY  
**12PM-1PM** LUNCH | **12PM** MEDICATION  
**1PM-3PM** LIFE SKILLS IN RECOVERY/OUTING  
**3PM-5PM** PERSONAL TIME  
**5PM-6PM** DINNER | **5PM** MEDICATION  
**6PM-7PM** PERSONAL TIME  
**7PM-8:30PM** DAILY REFLECTIONS OR 12 STEP MEETING  
**8:30PM-2AM** PERSONAL TIME | **10PM** MEDICATION  
**2AM** LIGHTS OUT

