

TIME	MONDAY
7:00 AM	Wake up
8:00 AM	Breakfast
9:00 AM	Goals group
9:30 AM	Sports & Motivation
10:30 AM	Break
10:45 AM	Sports & Motivation
11:45 AM	Showers
12:00 PM	Lunch
1:00 PM	Group Therapy
2:30 PM	PM Exercise
3:00 PM	Break/Visiting
3:30 PM	House Group
5:00 PM	Dinner
6:00 PM	Step Group
6:30 PM	
7:30 PM	Break/Visiting
8:00 PM	
8:30 PM	Evening Group
9:30 PM	Quiet Time
11:00 PM	Bed

Individual and family counseling  
 Dark Shaded areas are times

TIME	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up
8:00 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM	Goals group	Goals group	Goals group	Goals group	Goals group	Goals group
9:30 AM	Sports & Motivation	Sports & Motivation	Sports & Motivation	Sports & Motivation	Sports & Motivation	Sports & Motivation
10:30 AM	Break	Break	Break	Break	Break	Break
10:45 AM	Sports & Motivation	Sports & Motivation	Sports & Motivation	Sports & Motivation	Sports & Motivation	Sports & Motivation
11:45 AM	Showers	Showers	Showers	Showers	Showers	Showers
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00 PM	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
2:30 PM	PM Exercise	PM Exercise	PM Exercise	PM Exercise	PM Exercise	PM Exercise
3:00 PM	Break/Visiting	Break/Visiting	Break/Visiting	Break/Visiting	Break/Visiting	Break/Visiting
3:30 PM	House Group	House Group	House Group	House Group	House Group	House Group
5:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 PM	Step Group	Step Group	Step Group	Step Group	Step Group	Step Group
6:30 PM						
7:30 PM	Break/Visiting	Break/Visiting	Break/Visiting	Break/Visiting	Break/Visiting	Break/Visiting
8:00 PM						
8:30 PM	Evening Group	Evening Group	Evening Group	Evening Group	Evening Group	Evening Group
9:30 PM	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
11:00 PM	Bed	Bed	Bed	Bed	Bed	Bed