

Sample Daily Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00a	Wake Up/Make Bed/Personal Time 6:00-7:00a							6:00a
6:30a								6:30a
7:00a	Vitals 7:00-7:25a							7:00a
7:30a	Breakfast 7:45-8:15a							7:30a
8:00a	Outdoor Time/SB 8:15-8:30a							8:00a
8:30a	Medication time followed by Cyber/Personal/TV/Tech Time 8:30-9:20a							8:30a
9:00a								9:00a
9:30a	Orientation & Community Group - Recovery Specialist Led - Supported by Unit RN and Therapist 9:30-10:00a							9:30a
10:00a	Process Group- Therapist Led 10:00-10:50am							10:00a
10:30a								10:30a
11:00a	Family Lunch 2-Adult Limit 11:00a-12:00p	Education Group- Therapist Led 11:00-11:50a	Education Group- Therapist Led 11:00-11:50a	Discharge Planning Education Group- Therapist Led 11:00-11:50a	Personal Training 11:00-11:50a	Education Group- Therapist Led 11:00-11:50a	Education Group- Therapist Led 11:00-11:50p	11:00a
11:30a								11:30a
12:00p	Outdoor Time/SB 12:00-12:15p	Lunch 12:15-12:45p					Lunch 12:00-12:30p	12:00p
12:30p	Drum Circle Therapy 12:30-1:20p	Outdoor Time/SB 12:45-1:00p					Outdoor Time/SB 12:30-12:45p	12:30p
1:00p		Recovery Literature Study 1:00-1:50p	RS Group 1:00-1:50p	Gym/Fitness or Pool 1:00-1:50p	RN Group 1:00-1:50p	Fun Friday Game Time 1:00-2:20p	Movie Time 1:00-3:00p	1:00p
1:30p	Independent big book reading & 12-step work 1:30-2:00p							1:30p
2:00p	Education Group- Therapist Led 2:00-2:50p	Independent big book reading & 12-step work 2:00-2:50p	Outdoor Time/SB 2:00-2:15p	Drum Circle Therapy 2:00-2:50p	Outdoor Time/SB 2:00-2:15p	Gym/Fitness or Pool 2:30-3:20p		2:00p
2:30p			Personal Time 2:30-3:00p		Personal Time 2:15-2:45p			2:30p
3:00p	Personal Time 3:00-3:30p	Personal Time 3:00-3:30p	Recovery Resource Study 3:00-3:50p	Personal Time 3:00-3:30p	Education Group- Therapist Led 3:00-5:00p Family members welcome!		Personal Time 3:00-3:30p	3:00p
3:30p	Outdoor Time/SB 3:30-3:45p	Outdoor Time/SB 3:30-3:45p		Outdoor Time/SB 3:30-3:45p		Outdoor Time/SB 3:30-3:45p	Outdoor Time/SB 3:30-3:45p	Outdoor Time/SB 3:30-3:45p
4:00p	Group Choice of Worship & Bible Study 4:00-4:50p	Yoga Therapy 4:00-4:50p	Personal Training 4:00-4:50p	Mindfulness & Recovery 4:00-4:50p		Yoga Therapy 4:00-4:50p	Gym/Fitness or Pool 4:00-4:50p	4:00p
4:30p								4:30p
5:00p	Personal Time 5:00-5:30p							5:00p
5:30p	Dinner 5:30-6:00p							5:30p
6:00p	Outdoor Time/SB 6:00-6:15p							6:00p
6:30p	Cyber/TV/Tech 6:20-7:20p							6:30p
7:00p								7:00p
7:30p	RN Group 7:30-8:20p	CA Meeting 7:30-8:20p	AA Meeting 7:30-8:20p	Alumni Meeting 7:30-8:20p	AA Meeting 7:30-8:20p	DAA Meeting 7:30-8:20p	AA Meeting 7:30-8:20p	7:30p
8:00p								8:00p
8:30p	Outdoor Time/SB 8:30-8:45p							8:30p
8:45p	RS Wrap Up Group 8:45-9:15p							8:45p
9:00p								9:00p
9:15p	Vitals & Medication time, <u>clean up room/group room</u> and bed preparation 9:15-10:30p							9:15p
9:30p								9:30p
10:00p								10:00p
10:30p	Lights Out 10:30-11:00p							10:30p

