

# Sample Residential Weekly Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>7:15 am</b>	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
<b>7:45 am</b>	Meditation	Meditation	Meditation	Meditation	Meditation		
<b>8:00 am</b>	Breakfast (Medication Time)	Breakfast (Medication Time)	Breakfast (Medication Time)	Breakfast (Medication Time)	Breakfast (Medication Time)	Wake Up	Wake Up
<b>8:30 am</b>	Chores	Chores	Chores	Chores	Chores	Meditation	Meditation
<b>9:00 am</b>	In-House Workout	In-House Workout	In-House Workout	In-House Workout		Breakfast (Medication Time) Chores	Breakfast (Medication Time) Chores
<b>10:30 am</b>	Psycho- Education	Life Skills	Community Group	CBT Skills	Addiction and the Brain	Family Systems	Experiential Outing
<b>12:00 pm</b>	Lunch Phone Time (Medication Time)	Lunch Phone Time (Medication Time)	Lunch Phone Time (Medication Time)	Lunch Phone Time (Medication Time)	Lunch Phone Time (Medication Time)	Free Time (Medication Time)	Experiential Outing
<b>1:00 pm</b>	Mindfulness	Resiliency	Existential Recovery	Creative Recovery	Healthy Relationships	Step Work	Experiential Outing
<b>2:30 pm</b>	Mindful Movement 2:45 pm	Assignment and Individual Sessions	12 & 12 Study	Insightful Meditation	Assignment and Individual Sessions	Step Work	Recovery Process
<b>4:00 pm</b>	Assignment and Individual Sessions	Assignment and Individual Sessions	Assignment and Individual Sessions	Assignment and Individual Sessions	Assignment and Individual Sessions		
<b>5:00 pm</b>	Phone Time 5-6:30 pm	Phone Time 5-6:30 pm	Phone Time 5-6:30 pm	Phone Time 5-6:30 pm	Phone Time 5-6:30 pm	Dinner (Medication Time)	Dinner (Medication Time)
<b>5:30 pm</b>	Dinner Phone time (Medication Time)	Dinner Phone time (Medication Time)	Dinner Phone time (Medication Time)	Dinner Phone time (Medication Time)	Dinner Phone time (Medication Time)	Phone time	Phone time
<b>6:00 pm</b>	Free Time	Free Time	Free Time	Free Time	Free Time	12-Step Mtg.	12-Step Mtg.
<b>7:00 pm</b>	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	12-Step Meeting	Phone Time	Phone Time
<b>9:30 pm</b>	Written Tenth Step	Written Tenth Step	Written Tenth Step	Written Tenth Step	Written Tenth Step	Written Tenth Step	Written Tenth Step
<b>11:00 pm</b>	Lights Out	Lights Out	Lights Out	Lights Out	11:30 pm Lights Out	11:30 pm Lights Out	Lights Out