Residential Treatment Sample Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 8:00am	Wake up, Dress, 6:29am 12 Step Meeting	Wake up, Dress, 6:29am 12 Step Meeting	Wake up, Dress, 6:29am 12 Step Meeting	Wake up, Dress, 6:29am 12 Step Meeting	Wake up, Dress, 6:29am 12 Step Meeting	SLEEP IN - BUT BE UP IN TIME TO TAKE MEDS AT 8AM	SLEEP IN - BUT BE UP IN TIME TO TAKE MEDS AT 8AM
8:ooam - 8:3oam	Medications	Medications	Medications	Medications	Medications	Medications	Medications
8:30am - 9:30am	Recreational Therapy	Recreational Therapy	Recreational Therapy	Recreational Therapy	Recreational Therapy	Deep Clean Chores	Spirituality Time or Attend Church Services
9:30am - 10:00am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
10:00am - 12:00pm	Treatment Planning Group (Work out of Treatment Binder)	DBT SKILLS TRAINING	Anger Management	7 Habits of Highly Effectively People	Relapse Prevention Training	Life Strategies	Self-Esteem Work
12:00pm - 1:00pm	Fitness Goals with AB	Fitness Goals with AB	Fitness Goals with AB	Fitness Goals with AB	Fitness Goals with AB	Fitness Goals with AB	Fitness Goals with AB
1:00pm - 2:00pm	Lunch / Chores	Lunch / Chores	Lunch / Chores	Lunch / Chores	Lunch / Chores	Lunch	Lunch
2:00pm - 3:00pm	House Meeting	Treatment Planning Group (Work out of Treatment Binder)	Shopping	Treatment Planning Group (Work out of Treatment Binder)	Treatment Planning Group (Work out of Treatment Binder)	Deep Clean Chores	Chores
3:oopm - 4:oopm	Music Therapy w/Don	Thinking for a Change w/Dan	Co-Dependency w/Andres	Grief & Loss w/Andres	Thinking for a Change w/Dan	Health & Fitness Class w/Dan	Nutrition
4:oopm - 5:oopm	Music Therapy	Thinking for a Change	Co-Dependency	Grief & Loss	Thinking for a Change	Health & Fitness Class	Art Therapy & Recipe Card Making
5:00pm - 7:00pm	Cooking Dinner, Eating, and Clean Up	Cooking Dinner, Eating, and Clean Up	Cooking Dinner, Eating, and Clean Up	Cooking Dinner, Eating, and Clean Up	Cooking Dinner, Eating, and Clean Up	Cooking Dinner, Eating, and Clean Up	Cooking Dinner, Eating, and Clean Up
7:oopm - 8:oopm	Narcotics Anonymous (NA) - & 10th Step	Heroine Anonymous (HI) & 10th Step	Peer Group - 12 Step & 10th Step	Alcohol Anonymous (AA) & 10th Step	Cocaine Anonymous (CA) & 10th Step	Peer Group - 12 Step & 10th Step	Crystal Meth Anonymous (CMA) & 10th Step
8:oopm - 8:3opm	Medications	Medications	Medications & Menu Planning	Medications	Medications	Medications	Medications
8:30pm - 11:00pm	Television/GAGS, Bedtime	Television/GAGS, Bedtime	Television/GAGS, Bedtime	Television/GAGS, Bedtime	Television/GAGS, Bedtime	Television/GAGS, Bedtime	Television/GAGS, Bedtime