

Schedule of Daily Activities

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7 AM	sleep	breakfast	breakfast	breakfast	breakfast	breakfast	sleep
7-8	breakfast	chores	chores	chores	chores	chores	breakfast
8-9	chores	showers	showers	showers	showers	showers	chores
9-10	showers	group	group	group	group	education	showers
10- 11	meditation	"	"	"	"	"	education
11-12	"	"	"	"	"	"	"
12-1 PM	lunch	lunch	lunch	lunch	lunch	lunch	lunch
1-2	family	group	group	group	group	group	recreation
2-3	"	"	recreation	"	"	"	"
3-4	"	"	"	"	"	"	"
4-5	"	individuals	individuals	individuals	individuals	individuals	meditation
5-6	supper	supper	supper	supper	supper	supper	supper
6-7	AA/NA	AA/NA	AA/NA	AA/NA	visitation	AA/NA	AA/NA
7-8	"	"	"	"	"	"	"
8-9	"	"	"	"	"	"	"
9-10	homework	homework	homework	homework	homework	homework	homework
10-11	meditation	meditation	meditation	meditation	meditation	meditation	meditation
11	bedtime	bedtime	bedtime	bedtime	bedtime	bedtime	bedtime

Some parts of the program may start on the ½ hour. Check clinical schedule for more details regarding Monday through Friday schedules. Any time you are not in group may be used for homework, individual sessions, and/or daily reading time.

The family program starts at 1:30 PM on Sundays. If you do not have family involved in the family program, you may use this time for homework and/or daily reading time.

If you do not have homework and if you have completed your daily readings, you may watch television, exercise, or listen to music.