

Daily Activity List

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wake/Make bed	6:30 AM	6:30 AM	6:30 AM	6:30 AM	6:30 AM	8:00 AM	7:00 AM
Exercise (walk)	6:45 AM	6:45 AM	6:45AM	6:45 AM	6:45AM	8:15 AM	7:15 AM
Devotional	7-7:20 AM	7-7:20 AM	7-7:20 AM	7-7:20 AM	7-7:20 AM	8:30 AM	7:30 AM
Breakfast/Meds	7:20-8:00 AM	7:20-8:00 AM	7:20-8:00 AM	7:20-8:00 AM	7:20-8:00 AM	8:30-9:10 AM	7:30-8:10 AM
Chores	8-9:00 AM	8-9:00 AM	8-9:00 AM	8-9:00 AM	8-9:00 AM	9:10-10:30 AM	8:10-9:30 AM
Celebrate Recovery (Step Program) *	9-12:00 AM	9-12:00 AM	9-12:00 AM	9-12:00 AM	9-12:00 AM	Bible Study 10:30-12 PM	Church
Lunch	12-12:30 PM	12-12:30 PM	12-12:30 PM	12-12:30 PM	12-12:30 PM	12-12:30 PM	1-2:00 PM
Work on/off property	12:45-4:30 PM	12:45-4:30 PM	12:45-4:30 PM	12:45-4:30 PM	12:45-4:30 PM	12:30-4:30 PM (work/off)	OPEN
Supper	5-6:00 PM	5-6:00 PM	5-6:00 PM	5-6:00 PM	5-6:00 PM	5-6:00 PM	4:45-5:15 PM
Life Controlling Issues Group	6-7:30 PM	6-7:30 PM	6:15 PM CHURCH	6-7:30 PM	6-7:30 PM	6-7:00 PM House Mtg	Church 'till 8:00 PM
Meds/Open/TV/Study/Weight Room Time	9-10:00 PM	9-10:00 PM	9-10:00 PM	9-10:00 PM	9-10:00 PM	9-10:00 PM	9-10:00 PM
Quiet Time/Lights Out	10-11:00 PM	10-11:00 PM	10-11:00 PM	10-11:00 PM	10-11:00 PM	10-11:00 PM	10-11:00 PM
One on One #	9-4:00 PM	9-4:00 PM	9-4:00 PM	9-4:00 PM	9-4:00 PM	None	None
Family Counseling †	1-5:00 PM	1-5:00 PM	None	1-5:00 PM	1-5:00 PM	None	None
G.E.D.	None	10:30-NOON	None	10:30-NOON	None	None	None
Alcohol Education	None	12-1:30 PM	None	None	None	None	None

* For Students 0-90 days; all others will be in the work program.

One on one is up to one hour each day with LCSW, CADC and/or a PhD. Pastoral Counselor.

† Family Counseling is available upon request.