

# SAMPLE WEEKLY SCHEDULE

	MON	TUE	WED	THU	FRI		SAT	SUN
7:00 AM	Wake Up / Refresh	Wake Up / Refresh	Wake Up / Refresh	Wake Up / Refresh	Wake Up / Refresh	7:30 AM	Wake Up	Wake Up
7:30 AM	Wellness Activity	Wellness Activity	Wellness Activity	Wellness Activity	Wellness Activity	8:00 AM	Breakfast	Breakfast
8:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	9:00 AM	Therapeutic Group Activity	Personal Time: Religious Attendance / Mutual Support Meeting
9:00 AM	Private Appointments	Continuing Care Planning	Private Appointments	Private Appointments	Spirituality Group	10:00 AM		
10:00 AM					Individual Sessions Spiritual CI / Continuing Care	11:00 AM		
11:00 - 11:50 AM	Relapse Prevention	Family Systems	CBT/DBT Group	Family Group		12:00 PM	Lunch	Lunch
12:00 - 1:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch	1:00 PM	Spa / Tennis / Golf	Spa / Tennis / Golf
1:00 - 2:00 PM	Business Hour	Business Hour	Business Hour	Business Hour	1:00 - 3:00 Breath Work	2:00 PM		
2:15 - 3:30 PM	Gender Group	Process Group	Gender Group	Art-Music Therapy Psychodrama Therapy	3:15 - 4:15 Weekend Planning	3:00 PM		
4:00 - 4:50 PM	Doctor's Group	Concierge Service	Topic Group		4:15 - 6:00 Housekeeping	4:00 PM		
5:00 - 5:50 PM	Meditation	Meditation	Meditation	Meditation	5:00 PM			
6:00 PM	Dinner	Dinner	Dinner	Dinner	Dinner Outing	6:00 PM	Dinner Outing	Dinner In-House
7:00 PM	Mutual Support Meeting	Mutual Support Meeting	Mutual Support Meeting	Mutual Support Meeting		7:00 PM		Guest Speaker
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	11:00 PM	Lights Out	Lights Out