

Female Residential Schedule (Sample)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	Wake Up/ Med Call	Wake Up/ Med Call	Wake Up/ Med Call	Wake Up/ Med Call	Wake Up/ Med Call	Wake Up/ Med Call	Wake Up/ Med Call
7:00 - 7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:30 - 8:00 AM	Chores	Chores	Chores	Chores	Chores	8:00 - 9:30 Double Scrub	Sleep-In
8:00 - 8:30 AM	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene		
8:30 - 8:45 AM	A.M meditation	A.M Meditation	A.M Meditation	A.M Meditation	A.M Meditation		
9:00 - 10:00 AM	9:00-10:00 Money/Visit Pass/ Weekend Checkin	9:00-10:30 Spirituality Group w/ Vicki	9:00-11:00 Survivors Group with Kelly & Debbie	9:00-11:00 Workbook Study w/ Bobbette	9:00-10:00 Process Group w/Deidra	10:00 - 11:00 Yoga	9:15 Church
10:30 AM	10:15-11:00 Meditation with Melissa	10:30- 11:00 Early Lunch			10:15-11:45 Women in Recovery w/Debbie		Brunch
11:00 AM							10:00-12:30 Church w/ Docia
11:00 - 11:30 AM	Med Call/ Lunch	11:15 Prepare for Transportation	11:00- 12:00 Med Call/ Lunch	Med Call/ Lunch	11:00- 12:00 Med Call/ Lunch	11:00- 12:00 Med Call/ Lunch	11:00- 12:00 Med Call/ Lunch
11:30 - 11:45 AM	Prepare for Transportation	11:30am-1:00pm Early 12 Step Meeting		Prepare for Transportation			
11:45 to 1:30 PM	12 Step off site Meeting		12:00-1:00 Yoga or Big Book Study	12 Step off Site Meeting	12Step	1 PM to 3 PM Family therapy group w/ Therapist	Visiting 1-4 PM or Outside Group with Staff
2:00-4:00 PM	Relapse Prevention w/ Bobbette	Homework Group w/ Bobette	Anger Management w /Debbie	2:00-3:00 Life Skills w/Deb 3:00-4:00 Caseload w/counselors	2:00-3:00 Weekend Planning w/Debbie	Passes or Visiting 3:00pm-7:00pm	
4:00-5:00 PM	Dinner/Med call	Dinner/Med call	Dinner/Med call	Dinner/ Med call	3:15-4:30 Gym		
5:15 PM	Prepare for Gym Transportation	Prepare for Gym	5:00 - 6:30 Living in Balance w/ Amada	Prepare for Gym	Dinner	Dinner / Free Time	
5:30 - 7:00 PM	Gym	Gym / Homework Time		Gym / Homework Time			
7:15 - 7:45 PM	7:00-8:30 Women in Recovery/Staff	Wal-Mart with Staff or 12&12 with Staff	7:00-9:00 Outside Meeting	7:00 - 9:00 H&I Meeting Panel Group	6:15-9:00 Celebrate Recovery w/Staff or Recovery Education w/Staff	7:15pm-8:00pm Inhouse meeting w/Staff	Free Time
7:45 to 9:15 PM	8:45pm-9:15pm Evening Meeting/Daily Reflections w Staff						Free Time
9:15-10:00 PM	Med Call/ Personal Time	Med Call/ Personal Time	Med Call/ Personal Time	Med Call/ Personal Time	Med Call/ Personal Time	Med Call/ Personal Time	Med Call/ Personal Time
10:00 PM	Floor Closed	Floor Closed	Floor Closed	Floor Closed	Floor Closed 11 PM	Floor Closed 11 PM	Floor Closed 11 PM