

Male Residential Schedule (Sample)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 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	
6:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Med Call
7:30 to 8:00 AM	Morning check in w/Johnny	Morning check in w/ Johnny	Morning check in w/Johnny	Morning check in w/Johnny	Morning check in w/Johnny	Double Scrub	
8:15 to 9:45 AM	LA FITNESS/Bi g Book Study	LA FITNESS/ Big Book Study	LA FITNESS/Big Book Study	LA FITNESS/Big Book Study	LA FITNESS/Big Book Study	Yoga w/Christine 8:45-9:45 or Big Book w/Max	
10 to 10:45 AM	Chores	Chores	Chores	Chores	Chores	Book w/Max	Church w/Bob
10:45 to 11:45 AM	11:15-12:00 Meditation W/Emily	10:30- 11:45 Family Matters w/Dr. Preet	Step Study w/Kyle or Yoga w/Christine	Homework Group w/Jose	Walmart or Homework group w/Johnny	10-12Multi- Family Group w/Therapist	
11:45 to 12 PM	Med Call	Med Call	Med Call	Med Call	Med Call	Med Call	Med Call
12 to 12:45 PM	Lunch		Lunch	Lunch	Lunch	Lunch	Sleep-In
12:45 PM to 4:00 PM	12:45-1:45 Week-end checkin w/Sammy	1:00-2:30 Homework group w/Jose	Caseload Groups w/Counselors 1:00pm to 2:45pm	Mindfulness Group w/Deena	Spirituality LIB w/Gloria 1:00pm-3:00pm		Visiting 1pm to 4pm or Outside Social Group w/Bob
	Survivor's Group w/Kelly and LIB w/Jolyn	LIB w/Jolyn 3:00pm- 4:30pm	Experiential Therapy Group w/ Deena 3:00pm- 4:30pm	3:00-4:30 Relapse Prevention w/Danny	Anger Management w/Benard 3:00pm-4:15pm	12:00-4:00 Visiting or Passes	
4:15 PM to 5 PM	Walk with Staff						
5PM to 6 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 PM	Med Call		Med Call	Med Call	Med Call	Med Call	Med Call
6:30:00 to 8:00 PM	H&I PANEL	Outside Meeting	Outside 12 step meeting	Outside 12 step meeting	Inhouse meeting or Celebrate Recovery w/Bob	H&I PANEL	Alumni Meeting
9:00 PM	Check out	Check out	Check out	Check out	Check out	Check out	Check out
9:30 PM							
10:00 PM	Med Call	Med Call	Med Call	Med Call	Med Call	Med Call	Med Call
10:30 PM	Floor Closed	Floor Closed	Dinner	Floor Closed	Floor Closed 11 PM	Floor Closed 11 PM	Floor Closed 11 PM