



Daily / Weekly Schedule:

Mon-Thursday		Friday	
Time	Activity	Time	Activity
6:30 a.m.	Wake-up	6:30 a.m.	Wake-up
7:00 - 7:15 a.m.	Prayer & Meditation	7:00 - 7:15 a.m.	Prayer & Meditation
7:25 - 7:55 a.m.	Prepare for the Day	7:25 - 7:55 a.m.	Prepare for the Day
8:00 - 8:30 a.m.	Breakfast	8:00 - 8:30 a.m.	Breakfast
8:40 a.m.	Leave for Lodge	8:40 a.m.	Leave for Lodge
9:00 - 9:45 a.m.	Study Hall/Mentor Mtgs.	9:00 - 9:45 a.m.	Study Hall/Mentor Mtgs.
10:00 - 11:00 a.m.	Circle	10:00 - 11:00 a.m.	Circle
11:15 - 12:15 p.m.	Big Book	11:15 - 12:15 p.m.	Big Book
12:25 - 12:55 p.m.	Lunch	12:25 - 12:55 p.m.	Lunch
1:00 - 2:00 p.m.	Various Talks	1:00 - 2:00 p.m.	Various Talks
2:15 - 3:15 p.m.	Gym	2:15 - 3:15 p.m.	Gym
3:30 p.m.	Leave for House	3:30 p.m.	Leave for House
4:00 - 4:30 p.m.	Work Ethic @ House	4:00 - 4:30 p.m.	Work Ethic @ House
4:30 - 5:25 p.m.	Free Time	4:30 - 5:25 p.m.	Free Time
5:30 - 6:00 p.m.	Dinner	5:30 - 6:00 p.m.	Dinner
7:00 - 9:00 p.m.	12 Step Meeting	7:00 - 9:00 p.m.	12 Step Meeting
9:30 - 9:45 p.m.	Evening Review	9:30 - 9:45 p.m.	Evening Review
10:30 p.m.	Lights Out	12:00 a.m.	Lights Out

Medication Times:

M-F 6:30am, 12:25pm, 6:00pm, 9:00pm

Sa-Su: 8:20am, 12:25pm, 6:00pm, 9:00pm

Saturday		Sunday	
Time	Activity	Time	Activity
7:30 a.m.	Wake-up	7:30 a.m.	Wake-up
8:00 - 8:15 a.m.	Prayer / Meditation	8:00 - 8:15 a.m.	Prayer / Meditation
9:00 - 9:30 a.m.	Breakfast	9:00 - 9:30 a.m.	Breakfast
9:50 a.m.	Leave for outside meeting	10:15 - 11:00 a.m.	Deep Clean
10:00 - 12:00 p.m.	Outside Meeting	11:15 - 12:00 p.m.	Study Hall
12:30 - 1:00 p.m.	Lunch	12:30 - 1:00 p.m.	Lunch
1:00 - 5:00 p.m.	Social Time / Fifth Steps / Naps	1:00 - 5:00 p.m.	Social Time / Fifth Steps / Naps
5:30 - 6:00 p.m.	Dinner	5:30 - 6:00 p.m.	Dinner
6:00 - 9:00 p.m.	Social Time	7:30 - 8:15 p.m.	Tell Your Story Mtg. /In-House Mtg.
9:00 - 9:15 p.m.	Evening Review	9:00 - 9:15 p.m.	Evening Review
12:00 a.m.	Lights Out	10:30 p.m.	Lights Out