

# Sample Program Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
7:15 AM	Vitals & Breakfast Prep	Vitals & Breakfast Prep	Vitals & Breakfast Prep	Vitals & Breakfast Prep	Vitals & Breakfast Prep	Vitals & Breakfast Prep	Vitals & Breakfast Prep
8:15 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00 AM	Beach Walk	Beach Walk	Fresh Air Break	Outing & Picnic Lunch	Fresh Air Break	Beach Walk	Fresh Air Break
9:30 AM	Community Meeting	Horticulture	Food & Feelings		Mindfulness	EDQLS & Labs	Tech Time & Homework
10:30 AM	AM Snack or Free Time	AM Snack or Free Time	AM Snack or Free Time		AM Snack or Free Time	AM Snack or Free Time	AM Snack or Free Time
11:00 AM	ED 101	Life Skills/DBT Skills	Attachment		Food Demo or Shopping	8 Keys to Recovery	8 Keys to Recovery
12:15 PM	Take-Out Lunch	Lunch	Lunch Outing & Outing Process		Lunch	Lunch	Lunch
1:00 PM	Lunch Process	Fresh Air Break & Tech Time		Return to House by 1:30 pm	Fresh Air Break & Tech Time	Fresh Air Break & Tech Time	Fresh Air Break & Tech Time (Phones in @ 1:30)
1:30 PM	Fresh Air Break & Tech Time	Ukulele		Shower/Rest Homework/Sessions /Menus	Nutrition Group	Process Group	lao Valley or Shopping (Alternating Weeks)
2:00 PM	Hawaiian Culture						
3:00 PM	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	Afternoon Snack	
3:30 PM	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	
4:00 PM	Weekly Goals	Story Circle	Restorative Yoga	Internal Family Systems (IFS)	Process or Sand Tray Therapy	Body Awareness	
						Vitals	Vitals
5:00 PM	Clean Up for Dinner	Clean Up for Dinner	Clean Up for Dinner	Clean Up for Dinner	Clean Up for Dinner	Clean Up for Dinner	Clean Up for Dinner
5:15 PM	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:00 PM	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break	Fresh Air Break
6:15 PM	Vitals	Vitals	Vitals	Vitals	Vitals	Fresh Air Break	Fresh Air Break
After Vitals	Personal Growth (Free Time)	Personal Growth (Free Time)	Beach Walk	Personal Growth (Free Time)	Beach Walk	Personal Growth (Free Time)	Personal Growth (Free Time)
7:00 PM	Showers & Free Time	Showers & Free Time	Showers & Free Time	Showers & Free Time	Showers & Free Time	Showers & Free Time	Showers & Free Time
8:00 PM	PM Snack	PM Snack	PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
8:30 PM	Fresh Air Break & Clean Up Milieu	Fresh Air Break & Clean Up Milieu	Fresh Air Break & Clean Up Milieu	Fresh Air Break & Clean Up Milieu	Fresh Air Break & Clean Up Milieu	Fresh Air Break & Clean Up Milieu	Fresh Air Break & Clean Up Milieu
8:35 PM	Personal Growth (Free Time)	Personal Growth (Free Time)	Personal Growth (Free Time)	Personal Growth (Free Time)	Personal Growth (Free Time)	Personal Growth (Free Time)	Personal Growth (Free Time)
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out