

TIME OF DAY (ON AVERAGE)**SCHEDULED EVENT****7:00AM**

Patients wake up

8:00AM

Breakfast

8:30AM

Morning meditation

9:00AM

Group

11:30AM

Lunch

12:00PM

Recreation

1:30PM

Primary Group

3:00PM

Personal Time

3:30PM

Book study/Education Group

4:45PM

Personal Time

5:15PM

Dinner

6:00PM

Personal Time/Phone Time

7:00PM

In-house or outside 12-step meeting

9:30PM

Wrap-Up

10:30PM

Lights outs