

INTO ACTION WEEKLY SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM - 7:15 AM	Wake-up 7:15 am	Wake-up 6:30 am	Wake-up 6:30 am	Wake-up 6:30 am	Wake-up 6:30 am	Wake-up 6:30 am	WAKE UP AT 8:15
8:00 AM - 8:30 AM	BREAKFAST AT RESIDENCE	Fitness and Wellness	Meditation and Spirituality	Fitness and Wellness	Meditation and Spirituality	Fitness and Wellness	BREAKFAST AT RESIDENCE
8:30 AM - 9:30 AM	BREAKFAST AT RESIDENCE	BREAKFAST	BREAKFAST	Community Meeting BREAKFAST	Mindful Movement BREAKFAST	BREAKFAST	STEP WORK
9:30 AM - 11:00 AM	CHURCH (Optional)	Anger Management	ART THERAPY	PSYCHODRAMA	Recovery Management or Cross Addictions	BOUNDARIES	BBSS Meeting Alumni Led Meeting
11:00 AM - 12:30 PM	STEPWORK LUNCH	Caseload Group	Caseload Group	PSYCHODRAMA	Caseload Group	Finding Your Life Purpose w/ C.E.O.	FREE TIME
12:30 PM - 1:30 PM	1 p.m. Beach	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:30 PM - 2:30 PM		Documentaries and Vocational Skills	Psychoeducation	Caseload Group	Gender Group	Life Skills	OUTSIDE ACTIVITY.
2:30 PM - 3:30 PM		GYM at The ZOO	Relapse Prevention	GYM at The ZOO	Team Building	GYM at The ZOO	
3:30 PM - 4:45 PM			SELF ESTEEM				
4:00 PM - 5:00 PM						Music Therapy	
5:00 PM - 5:30 PM	DINNER AT RESIDENCE	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
5:30 PM - 6:30 PM	Alumni Led Meeting	MASSAGE	Alumni Led Meeting	MASSAGE	Alumni Led Meeting	MASSAGE	Alumni Led Meeting
6:30 PM - 7:00 PM	Alumni Led Meeting	Alumni Led Meeting	Alumni Led Meeting	Alumni Led Meeting	Alumni Led Meeting	Alumni Led Meeting	Alumni Led Meeting
7:00 PM - 8:00 PM	BBSS Meeting	BBSS Meeting	BBSS Meeting	BBSS Meeting	BBSS Meeting	BBSS Meeting	DAILY LIVING SKILLS
8:00 PM - 9:00 PM	DAILY INVENTORY	BBSS Meeting	DAILY INVENTORY	DAILY INVENTORY	DAILY INVENTORY	DAILY INVENTORY	DAILY INVENTORY
10:30 PM	LIGHTS OUT	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

Schedule Subject to Change