

Daily Schedule

| TIME                      | MONDAY   | TUESDAY  | WEDNESDAY                                   | THURSDAY                                       | FRIDAY  | SATURDAY                                       | SUNDAY   |
|---------------------------|--|--|---|--|---|--|--|
|                           | Wake up, ADLS & Channel 6 News Only            | Wake up, ADLS & Channel 6 News Only            | Wake up, ADLS & Channel 6 News Only         | Wake up, ADLS & Channel 6 News Only            | Wake up, ADLS & Channel 6 News Only                         | Wake up, ADLS & Channel 6 News Only            | Wake up, ADLS & Channel 6 News Only            |
| <b>6:45 AM - 7:15 AM</b>  | Breakfast                                      | Breakfast                                      | Breakfast                                   | Breakfast                                      | Breakfast   | Breakfast                                      | Breakfast                                      |
| <b>7:00 AM - 7:15 AM</b>  | Medicine                                       | Medicine                                       | Medicine                                    | Medicine                                       | Medicine  | Medicine                                       | Medicine                                       |
| <b>7:15 AM - 7:45 AM</b>  | Vital w/ BHT                                   | Vital w/ BHT                                   | Vital w/ BHT                                | Vital w/ BHT                                   | Vital w/ BHT  | Vital w/ BHT                                   | Vital w/ BHT                                   |
| <b>7:45 AM - 8:15 AM</b>  | Chores & Room Cleaning                         | Chores & Room Cleaning                         | Chores & Room Cleaning                      | Chores & Room Cleaning                         | Chores & Room Cleaning                                      | Chores & Room Cleaning                         | Chores & Room Cleaning                         |
| <b>8:15 AM - 8:30 AM</b>  | Break  | Break  | Break                                       | Break  | Break   | Break  | Break  |
| <b>8:30 AM - 9:30 AM</b>  | Inspiration & Communication w/ Tech & Advocate | Inspiration & Communication w/ Tech & Advocate | Nursing group + Inspiration & Communication | Inspiration & Communication w/ Tech & Advocate | Inspiration & Communication w/ Tech & Advocate              | Inspiration & Communication w/ Tech & Advocate | Inspiration & Communication w/ Tech & Advocate |
| <b>9:30 AM - 10:30 AM</b> | Goals & Gratitude w/ Recovery Coach            | Work on Personal Assignments & hand outs       | Health Department Group                     | Goals & Gratitude w/ Recovery Coach            | 10:00am C.A.R.E.  | Work on Personal Assignments & hand outs       | Work on Personal Assignments & hand outs       |
| <b>10:30 AM - 10:45</b>   | walk / Break                                   | walk / Break                                   | walk / Break                                | walk / Break                                   | walk / Break  | Break  | Break  |
| <b>10:45 AM - 12:00</b>   | Recovery Coach Group                           | Recovery Coach Group                           | Recovery Coach Group                        | 11:00 The Haven                                | Recovery Coach Group  | 10:45 AM **Celebrate Recovery                  | Goals & Gratitude w/ Tech & Advocate           |
| <b>12:00 PM - 1:00 PM</b> | Lunch & Break                                  | Lunch & Break                                  | Lunch & Break                               | Lunch & Break                                  | Lunch & Break   | Lunch & Break                                  | Lunch & Break                                  |
| <b>1:00 PM - 2:30 PM</b>  | 1:30 Yoga                                      | Recovery Coach Group/                          | Haven chemical health group                 | Recovery Coach Group                           | Recovery Discussion w/ Clinician or tobacco cessation group | Video & Discussion                             | Video & Discussion                             |
| <b>2:30 PM - 3:30 PM</b>  | Break  | Exercise                                       | Exercise                                    | Exercise                                       | Exercise  | Break  | Break  |
| <b>3:30 PM - 4:00 PM</b>  | 1st/3rd Monday SW Florida Works/ group         | Assignments & hand outs                        | Assignments & hand outs                     | Assignments & hand outs                        | Assignments & hand outs                                     | 3:00 Meeting A.A                               | 3:00 Meeting C.A                               |
| <b>4:00 PM - 4:45 PM</b>  | shower / Break                                 | shower / Break                                 | shower / Break                              | shower / Break                                 | shower / Break  | Exercise                                       | Exercise                                       |
| <b>4:45 PM - 5:30 PM</b>  | Dinner   | Dinner   | Dinner                                      | Dinner   | Dinner  | Dinner   | Dinner   |
| <b>5:30 PM - 5:45 PM</b>  | Chores   | Chores   | Chores & 5:30-6:30 VIP                      | Chores   | Chores  | Chores   | Chores   |
| <b>5:45 PM - 6:45 PM</b>  | Personal Assignments                           | Personal Assignments                           | Personal Assignments                        | Nurses Group                                   | Personal Assignments  | Personal Assignments                           | **Fountain of Faith                            |
| <b>6:45 PM - 7:00 PM</b>  | Break  | Break  | Break                                       | Break  | Break   | 6:15 Break                                     | Break  |
| <b>7:00 PM - 8:15 PM</b>  | Rolling in Recovery                            | N.A Meeting                                    | A.A Meeting                                 | N.A Meeting                                    | A.A Meeting   | 6:30 A.A Meeting                               | C.A Meeting                                    |
| <b>8:15 PM - 9:15 PM</b>  | Personal Time                                  | Personal Time                                  | Personal Time                               | Personal Time                                  | Personal Time   | Personal Time                                  | Personal Time                                  |
| <b>9:15 PM-10:00 PM</b>   | Wrap Up & Chores                               | Wrap Up & Chores                               | Wrap Up & Chores                            | Wrap Up & Chores                               | Wrap Up & Chores  | Wrap Up & Chores                               | Wrap Up & Chores                               |
| <b>10:30 PM</b>           | Lights Out                                     | Lights Out                                     | Lights Out                                  | Lights Out                                     | Lights Out -11PM  | Lights Out -11PM                               | Lights Out                                     |

\*\* A Religious based meeting.