

Client Daily Schedule

Ranch Campus

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
Daily Intention	Restore & Refine	Trust & Receive	Awaken & Action	Nourish & Nurture	Breathe & Be of Service	Weekends	Cultivate & celebrate	Reset & rejuvenate
7am	Wake up	Wake up	Wake up	Wake up	Wake up	8am	Wake up	Wake up
7-8:30am	Make bed AM chores Put on activewear Breakfast & Meds	Make bed AM chores Put on activewear Breakfast & Meds	Make bed AM chores Put on activewear Breakfast & Meds	Make bed AM chores Put on activewear Breakfast & Meds	Make bed AM chores Put on activewear Breakfast & Meds 8-9 Free Gym Time	8-9:15am	Make bed AM chores Put on activewear Breakfast & Meds	Make bed AM chores Put on activewear Breakfast & Meds 9am AA
8:30-9am	Sunrise- Journal, meditation	Sunrise- Journal, meditation	Sunrise- Journal, meditation	Sunrise- Journal, meditation	Sunrise- Journal, meditation	9:15-9:45am	Barn Chores All Clients	Barn Chores All Clients
9:15-9:45am	Barn Chores All Clients	Barn Chores All Clients	Barn Chores All Clients	Barn Chores All Clients	Barn Chores All Clients	9:45-10:15	Sunrise- Journal, meditation	Sunrise- Journal, meditation
10-11:50am	Block 1	Block 1	Block 1	Block 1	Block 1	10:30-11:50	Free Gym Time 10-11	Nature Walk
12-12:50pm	Lunch Lunch Chores	Lunch Lunch Chores	Lunch Lunch Chores	Lunch Lunch Chores	Lunch Lunch Chores	12-12:50pm	Lunch Lunch Chores	Lunch Lunch Chores
1-1:50pm	Block 2	Block 2	Block 2	Block 2	Block 2	1-1:50pm	Deep Clean Rooms	Deep Clean Cottages
2-2:50pm	Block 3	Block 3	Block 3	Block 3	Block 3	2-2:50pm	Deep Clean Bathrooms *Chore Store*	Deep Clean Cottages
3-3:50pm	Block 4	Block 4	Block 4	Block 4	Block 4	3-3:50pm	Free Time (TV option)	Free Time (TV option)
4-4:50pm	Free Time	Free Time	Free Time	Free Time	Free Time	4-4:50pm	Free Time (TV option)	Free Time (TV option)
5-5:50pm	Dinner Dinner Chores	Dinner Dinner Chores	Dinner Dinner Chores	Dinner Dinner Chores	Dinner Dinner Chores	5-5:50pm	Dinner Dinner Chores	Dinner Dinner Chores
6-6:50pm	Spa Night/ AA	Movie Night/ Stipends	Game Night/ AA	Game Night/ Stipends	Navigate Outing/ Talent Night/AA	6-6:50pm	Community Outing	Craft Night
7-7:50pm	Spa Night/ AA	Movie Night/ Stipends	Game Night/ AA	Game Night/ Stipends	Navigate Outing/ Talent Night/AA	7-7:50pm	Community Outing	Craft Night
8-8:30pm	Sunset- Journal, yoga, meditation	Sunset- Journal, yoga, meditation	Sunset- Journal, yoga, meditation	Sunset- Journal, yoga, meditation	Sunset- Journal, yoga, meditation	8-8:50pm	Community Outing	Sunset- Journal, yoga, meditation
8:30-9:50pm	Meds PM chores	Meds PM chores	Meds PM chores	Meds PM chores	Meds PM chores	9-9:50pm	Meds PM chores	Meds PM Chores
10:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	10:00pm	Lights Out	Lights Out