

Client Daily Schedule

Ranch Campus – January 2024

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
7am	Wake up Morning Routine	Wake up Morning Routine	Wake up Morning Routine	Wake up Morning Routine	Wake up Morning Routine	8-9:30	Wake up Morning Routine Breakfast & Meds	Wake up Morning Routine Breakfast & Meds
7:30-8:30am	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds	Breakfast & Meds			
8:30-9am	Horse Care All Clients	Horse Care All Clients	Horse Care All Clients	Horse Care All Clients	Horse Care All Clients			
9-9:50am	Yoga	Movement	Yoga	Movement	Yoga	9:30-10:00	Horse Care All Clients	Horse Care All Clients
10-10:50 am	Sunrise Community Meeting (Journal, breathwork, meditation)	Sunrise Community Meeting (Journal, breathwork, meditation)	Sunrise Community Meeting (Journal, breathwork, meditation)	Sunrise Community Meeting (Journal, breathwork, meditation)	Sunrise Community Meeting (Journal, breathwork, meditation)	10-10:50	Sunrise Community Meeting (Journal, breathwork, meditation)	Sunrise Community Meeting (Journal, breathwork, meditation)
11-11:50am	Block 2	Block 2	Block 2	Block 2	Block 2	11-11:50	Self-Care	Self-Care Optional religious services
12-12:50pm	Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup	Lunch & Cleanup	12-12:50pm	Lunch & Cleanup	Lunch & Cleanup
1-1:50pm	Block 3	Block 3	Block 3	Block 3	Block 3	1-1:50pm	Deep Clean Rooms	Deep Clean Cottages
2-2:50pm	Block 4	Block 4	Block 4	Block 4	Block 4	2-2:50pm	Deep Clean Bathrooms	Deep Clean Cottages
3-3:50pm	Block 5	Block 5	Block 5	Block 5	Block 5	3-5pm	Community Outing	Community Outing
4-5pm	Free Time	Free Time	Free Time	Free Time	Free Time			
5-5:50pm	Dinner & Cleanup	Dinner & Cleanup	Dinner & Cleanup	Dinner & Cleanup	Dinner & Cleanup	5-5:50pm	Dinner & Cleanup	Dinner & Cleanup
6-6:50pm	Sunset Community Wrap-Up *AA	Sunset Community Wrap-Up	Sunset Community Wrap-Up *AA	Sunset Community Wrap-Up	Sunset Community Wrap-Up *AA	6-6:50pm	Sunset Community Wrap-Up	Sunset Community Wrap-Up
7-8:30 pm	Community Connections	Community Connections	Community Connections	Community Connections	Community Connections	7-8:30pm	Community Connections	Community Connections
8:30-10pm	Meds Night Routine	Meds Night Routine	Meds Night Routine	Meds Night Routine	Meds Night Routine	8:30-10pm	Meds Night Routine	Meds Night Routine
10:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	10:00pm	Lights Out	Lights Out