

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
07:30AM	Arise	Arise	Arise	Arise	Arise	Planners submitted for weekends	Planners submitted for weekends	
07:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast			
09:00	Journal/Reflections	Journal/Reflections	Journal/Reflections	Journal/Reflections	Journal/Reflections			
09:15-11:00	Feelings Group	Relationships Group	Chore Meeting P.N.A. Client/Staff Meeting	Assertiveness Group (Specialty Group)	Feelings Group			
12:00	Lunch	Lunch	Lunch	Lunch	Lunch			
1:00 - 2:30 PM	Assertiveness Group	Relapse Prevention Set-up behaviour cards	Planners Group/ Art Therapy	Walking Meditation Group	Free Time			
5:00	Dinner	Dinner	Dinner	Dinner				
6:00 – 11:00	Free Time Homework AA/NA Meetings	Free Time Homework AA/NA Meetings	Free Time Homework AA/NA Meetings	Free Time Homework AA/NA Meetings	Free Time Homework AA/NA Meetings			
11:00	Curfew/Quiet Time	Curfew/Quiet Time	Curfew/Quiet Time	Curfew/Quiet Time				Curfew/Quiet Time
12:00	In bed, lights out	In bed, lights out	In bed, lights out	In bed, lights out				In bed, lights out
01:00AM					Curfew	Curfew		
02:00AM					Quiet Time	Quiet Time		
03:00AM					In bed, lights out	In bed, lights out		

NAME: _____

WEEK OF: _____