

Step Up Recovery, Inc.

Weekly Treatment Schedule

WEEKDAY	MON	TUES	WED	THURS	FRI	WEEKEND	SAT	SUN
6:45am	Wake-Up	Wake-Up	Wake-Up	Wake-Up	Wake-Up	9:30am	Wake-Up	Wake-Up
7:00	Meditation Group	Meditation Group	Meditation Group	Meditation Group	Meditation Group	9:45	Meditation Group	Grattitudes Grp
7:30	Chores	Chores	Chores	Chores	Chores	10:00	Breakfast	Free Time - <i>May Attend</i>
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast		Personal Hygiene	<i>Church</i>
	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene		Free Time	
9:00	Group Education	Group Education	Group Education	Group Education	Group Education	11:45	<i>Traveltime</i>	<i>Traveltime</i>
10:15	Yoga/MartialArts	Free Time	Yoga/MartialArts	Free Time	Yoga/MartialArts	12:00pm	12 Step Meeting	12 Step Meeting
11:15	Lunch	Lunch	Lunch	Lunch	Lunch	1:15	<i>Traveltime</i>	<i>Traveltime</i>
11:45	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>	1:30	Lunch	Lunch
12:00	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	2:30-5:00	Sober Outing	Family Visiting
1:00	<i>Traveltime</i>	Sober Outing	<i>Traveltime</i>	Sober Outing	<i>Traveltime</i>		"	"
1:15	Free Time	"	Free Time	"	Free Time	4:00		*Family Group
		"		"		5:00	G.I.	"
2:00 - 4:00	Individual Therapy	"	Individual Therapy	"	Individual Therapy	6:00	Dinner	Dinner
	<i>or</i>	"	<i>or</i>	"	<i>or</i>	7:00		House Group
	Treatment	"	Treatment	"	Treatment	7:15	<i>Traveltime</i>	"
	Planning&Workbook	"	Planning&Workbook	"	Planning&Workbook	7:30	12 Step Meeting	"
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	9:15	<i>Traveltime</i>	"
6:00	Group Therapy	House Group	Group Therapy	Group Therapy	Group Therapy	9:30	Movie/Activity	Free Time
7:15	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>		"	
7:30 - 9:30	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	12 Step Meeting	10:00	"	Personal Hygiene
9:45	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>	<i>Traveltime</i>	11:00	"	Lights Out
10:00	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	Personal Hygiene	11:30	Personal Hygiene	
11:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	12:30	Lights Out	

26.5 Hours Per Week of Individual, Group, Education, Workbook, Recovery & Treatment Planning
 16 Hours Per Week of 12-Step Meetings

*Times May Vary
 **Note: Transitional Phase Clients
 Outside Work/School/Approved Acts
 You Must Follow Treatment Schedule