

## SAMPLE ROCK RECOVERY HOUSE SCHEDULE

WEEKDAYS					
Time	Activity	Staffing			
		Resident Life Coach	House Director	Weekday Life Coach	Exercise Instructor
6:00 - 6:45	Earliest wake up/Approved exercise				
6:45 - 7:00	Guided reading, prayer, and meditation				
7:00 - 7:40	Preparation for work & breakfast preparation				
7:40 - 8:00	Group breakfast				
8:00 - 8:30	Commute to work				
8:30 - 5:30	<b>RESIDENTS AT WORK/SCHOOL/HOME</b>				
5:30 - 6:00	Commute home				
6:00 - 6:45	Personal time or dinner preparation*				
6:45 - 7:15	Group dinner**				
7:15 - 7:30	Group check-in				
7:30 - 8:30	Therapy (see sample schedule below)				
8:30 - 9:30	Evening activity (see sample schedule below)				
9:30 - 10:00	Reading/prayer/meditation/snack if required				
10PM - 6AM	Bedtime				

\* Residents take turns engaging in this activity with life coach

\*\* Residents work with nutritionist to plan out meals for the week on Saturday AM. On Wednesday nights, a nutritionist will provide cooking instruction. Once a week there will be a "challenge meal." Twice per week dessert will be included in dinner menu.

Sample Therapy Schedule (Weekdays 7:30 to 8:30PM)		Staffing (in addition to Resident life coach)
Monday	Art therapy	Counselor
Tuesday	Group Counseling: House Dynamics	Art therapist
Wednesday	Individual appointments*	Therapist
Thursday	Body Image	Therapist
Friday	OA/12-Step/Community Support Meeting	N/A

Sample Evening Activity Schedule (Weekdays 8:30 to 9:30PM)		Staffing (in addition to Resident life coach)
Monday	Individual appointments*/Personal time	Therapist & Nutritionist
Tuesday	Individual appointments*/Yoga	Therapist & Yoga instructor
Wednesday	Individual appointments*/Personal time	Therapist & Nutritionist
Thursday	Individual appointments*/NIA	Therapist & NIA instructor
Friday	Individual appointments*/Yoga	Therapist & Yoga instructor

\* 60 minutes with counselor or 30 minutes with nutritionist

[see next page for weekend schedule]

SATURDAYS							
Time	Activity	Staffing					
		Resident Life Coach	Weekend Life Coach 1	Weekend Life Coach 2	Weekend Life Coach 3	Exercise Instructor	Nutritionist
7:00 - 8:30	Wake-up & approved exercise						
8:30 - 9:30	Nutritional coaching/breakfast preparation (all)						
9:30 - 10:00	Breakfast						
10:00 - 11:00	Check-in/meal and activity planning meeting						
11:00 - 1:00	Group outing						
1:00 - 1:30	Lunch preparations (independent)						
1:30 - 2:00	Group lunch						
2:00 - 5:00	Personal/family time, family therapy, or shopping*						
5:00 - 6:00	Dinner preparations*						
6:00 - 6:45	Dinner						
6:45 - 7:30	Check-in/guided reading, prayer, and meditation						
7:30 - midnight	Group activities/games/personal time						
12AM - 8AM	Bedtime						

SUNDAYS							
Time	Activity	Staffing					
		Resident life coach	Weekend Life Coach 1	Weekend Life Coach 2	Weekend Life Coach 3	Exercise Instructor	Nutritionist
7:00 - 8:30	Wake-up & approved exercise						
8:30 - 9:00	Guided reading, prayer, and meditation						
9:00 - 9:30	Breakfast preparations*						
9:30 - 10:00	Breakfast						
10:00 - 1:00	Church						
1:00 - 1:30	Lunch preparations (independent)						
1:30 - 2:00	Group lunch						
2:00 - 4:00	Group outing						
4:00 - 5:30	Personal/family time or family therapy						
5:30 - 7:30	OA meeting						
7:30 - 8:00	Dinner preparation* or dinner outing						
8:00 - 8:30	Dinner						
8:30 - 10:00	Guided reading, prayer, and meditation						
10PM - 6AM	Bedtime						

\* Residents take turns engaging in this activity with life coach