

## HOWARD FRIESE

### Medium Intensity Daily Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:30-8a</b> Morning Meditation	<b>7:30-8a</b> Morning Meditation	<b>7:30-8a</b> Morning Meditation	<b>7:30-8a</b> Morning Meditation	<b>7:30-8a</b> Morning Meditation	<b>Breakfast</b> (Optional)	<b>Breakfast</b> (Optional)
<b>8-8:30a</b> Breakfast	<b>8-8:30a</b> Breakfast	<b>8-8:30a</b> Breakfast	<b>8-8:30a</b> Breakfast	<b>8-8:30a</b> Breakfast	<b>9-9:30a</b> Morning Meditation	<b>9-9:30a</b> Morning Meditation
<b>8:30-9a</b> Housekeeping & Personal	<b>8:30-9a</b> Housekeeping & Personal	<b>8:30-9a</b> Housekeeping & Personal	<b>8:30-9a</b> Housekeeping & Personal	<b>8:30-9a</b> Housekeeping & Personal	<b>10-11a</b> In-House Discussion or AA	<b>9:30-10a</b> Housekeeping
<b>9-12p</b> Clinical Group	<b>9-12p</b> Clinical Group	<b>9-12a</b> RN Education Group (Every Other Week) Clinical Group Opposite Week	<b>9-12a</b> Clinical Group	<b>9-12p</b> Clinical Group	<b>Housekeeping</b> *Must be completed by 2pm	<b>10-11a</b> In-House Recovery Meeting
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<b>1:30-3p</b> Exercise or Scheduled Individual Session	<b>1:30-3p</b> Personal Treatment Planning Time or Scheduled Individual Session	<b>1:30-3p</b> Exercise or Scheduled Individual Session	<b>1:30-3p</b> Personal Treatment Planning Time or Scheduled Individual Session	<b>1:30-3p</b> Exercise or Scheduled Individual Session	<b>1-5p</b> Free Time	<b>1-5p</b> Free Time
<b>5p</b> Dinner	<b>5p</b> Dinner	<b>5p</b> Dinner	<b>5p</b> Dinner	<b>5p</b> Dinner (Optional)	<b>5p</b> Dinner (Optional)	<b>5p</b> Dinner
Client's Choice of AA/NA, Cultural or Spiritual Community Support Group	Client's Choice of AA/NA, Cultural or Spiritual Community Support Group	Client's Choice of AA/NA, Cultural or Spiritual Community Support Group	Client's Choice of AA/NA, Cultural or Spiritual Community Support Group	Client's Choice of AA/NA, Cultural or Spiritual Community Support Group	Client's Choice of AA/NA, Cultural or Spiritual Community Support Group	<b>6-6:20p</b> Community Planning
<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>6:30-7:30p</b> Community Recreation or Activity
<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>10p</b> CURFEW	<b>5p</b> CURFEW