



Sample - Weekly Activity Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
6:30							Wake Up
7:00	AA Meeting Outside Oceanfront	AA Meeting Outside Oceanfront	AA Meeting Outside Oceanfront	AA Meeting Outside Oceanfront	AA Meeting Outside Oceanfront		
7:30							AA Meeting Outside Beach
8:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:30							Breakfast
9:00	Group Therapy	Study Time or Massage or Acupuncture or Equine therapy	Group Therapy	Study Time or Massage or Acupuncture or Equine Therapy	Group Therapy	Excursion	Breakfast
9:30							
10:00						Beach Zip-Line Deep Sea Fishing Golf Hiking Kayaking	Clean House
10:30							
11:00							
11:30		Lunch		Lunch			
12:00	Lunch	Yoga	Lunch	Yoga	Lunch		
12:30							
13:00	Meditation	Psychiatrist	Therapist	Therapist	Psychiatrist		
13:30							
14:00	Therapist		Gym		Gym		BBQ Family, Alumni & Guests Invited
14:30	Gym	Gym Personal Trainer		Gym Personal Trainer			
15:00						Personal Time	
15:30							
16:00							

P.O. Box 785, Kailua-Kona, HI 96745 p. 866-515-5032 f. 866-515-5042
info@hawaiiislandrecovery.com



Sample - Weekly Activity Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:30			Personal Time		Personal Time		
17:00	House Meeting	House Meeting	House Meeting	House Meeting	House Meeting	Client Review	
17:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
18:00							Clean Kitchen
18:30	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	AA/NA Meeting	Clean Kitchen	AA/NA Meeting
19:00						Movie	
19:30							
20:00	Clean Kitchen	Clean Kitchen	Clean Kitchen	Clean Kitchen	Clean Kitchen		Room Inspection
20:30	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time		Personal Time
21:00							