




Ocean Hills Recovery

Level One Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6am	Wake up/Make bed	Wake up/Make bed	Wake up/Make bed	Wake up/Make bed	Wake up/Make bed	Wake up/make bed	Wake up/make bed
7-8am	Morning Meeting Eye opener/Harbor	Morning Meeting Eye opener/Harbor	Morning Meeting Eye opener/Harbor	Morning Meeting Eye opener/Harbor	Morning Meeting Eye opener/Harbor	Breakfast	Breakfast
8:15am	Return home Breakfast	Return home Breakfast	Return home Breakfast	Return home Breakfast	Return home Breakfast		
9:15-9:45	Meditation	Meditation	Meditation	Meditation	Meditation	Deep clean house	House Chore completed by noon
10:00-11:30	Goup Therapy	Group Therapy	Group Therapy	Group-Therapy	Group Therapy	group therapy office 11:30-1/or family group every other Saturday 10am-6:00 PM	
11:30am	Chore	Chore	Chore	Chore	Chore		
noon	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
1:00-2:00pm	Process Group	Process Group	Process Group	Beach/Group Activity Day	Process Group	Exercise/Gym 24 hour Fitness	H & I panel @ office
3:00-4:45pm	Exercise/gym 24 hour fitness	Yoga	Exercise/gym 24 hour fitness		Recovery Movies White books		
5pm	Free time	Free time	Free time	Free time	Free time		
6pm	Dinner	Dinner	Dinner	Dinner	Pizza party	Dinner	House Dinner
6:30-9:30	Outside AA/NA/CA Meeting as a group	Outside AA/NA/CA Meeting Men's Stag Women's Stag	Outside AA/NA/CA Meeting as a group	Outside AA/NA/CA Meeting as a group	Outside AA/NA/CA Meeting as a group	Outside AA/NA/CA Meeting	Outside AA/NA/CA Meeting
9:30-10pm	house meeting TV Journal, Etc.	Rest TV Journal, Etc.	Rest TV Journal, Etc.	Rest TV Journal, Etc.	Rest TV Journal, Etc.		
11:30pm	Bed	Bed	Bed	Bed	Bed		Bed