Next Step Daily Summer Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-Up/Breakfast	Wake-Up/Breakfast	Wake-Up/Breakfast	Wake-Up/Breakfast	Wake-Up/Breakfast	Wake-Up/Breakfast	Wake-Up/Breakfast
Clean Room	Clean Room					
Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	Hygiene
6:30AM - 7:45AM	8:00AM - 9:00AM	8:00AM - 9:00AM				
Meditation	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation
7:45AM - 8:30AM	9:00AM - 9:30AM	9:00AM - 9:30AM				
*Group Jobs	Super Clean	Group Jobs				
8:30AM - 10:00AM	9:30AM - 12:00PM	9:30am - 10:30am				
Group Therapy	Lunch Time	Church/Free Time				
10:00AM - 11:30AM	12:00PM - 12:30PM	10:30am - 12:00pm				
Lunch Time	Kitchen Clean-Up	Lunch Time				
12:00PM - 12:30PM	12:30pm - 1:30pm	12:00PM - 12:30PM				
Kitchen Clean-Up	Assign-1:1's	Family Group				
12:30PM - 1:30PM	1:30pm - 2:00pm	1:00pm - 2:00pm				
Group Therapy	Group Therapy	Group Therapy	Group Therapy	Relapse Group or	Outside Activity	Family session/Visit
1:30PM - 3:15PM	1:30PM - 3:15PM	1:30PM - 3:15PM	1:30PM - 3:15PM	Super Clean	2:00pm - 5:00pm	2:00pm - 5:00pm
Indoor /	Study	Assignments/Study	Activities	1:30PM - 3:15PM	Supper Out	Supper Time
Outdoor	Time	1:1's	3:15PM - 4:30PM	Study Time	5:00pm - 6:30pm	5:00PM - 6:00PM
Activity	3:15PM - 5:00PM	Or	Supper Time	Individual	Sober Activity or	Kitchen Clean-Up
Free Time	Supper Time	Activities	4:30PM - 5:00PM	Assignments	AA/NA Meeting	6:00PM - 6:30PM
3:15PM - 5:00PM	5:00PM - 6:00PM	3:15PM - 5:00PM	Kitchen Clean-Up	3:15PM - 5:00PM	7:00pm - 9:30pm	Study
Supper Time	Kitchen Clean-Up	Outside Recovery	5:00PM - 5:30PM	Supper Time	Assignments - Study	Free Time
5:00PM - 6:00PM	6:00PM - 6:30PM	Group	YMCA	5:00PM - 6:00PM	1:1's - Peer Group	6:30PM - 7:00PM
Kitchen Clean-Up	Individual 1:1's	Pizza Night	6:35PM - 7:45PM	Kitchen Clean-Up	9:30pm - 10:30pm	AA/NA Meeting
6:00PM - 6:30PM	Assignments	5:00PM - 10:00PM	AA / NA Meeting	6:00PM - 6:30PM	Snack	7:00PM - 9:30PM
Study/Assignments	Study	Snack	8:00PM - 9:00PM	Study	10:30pm - 11:00pm	Reflections
1:1's	6:30PM - 8:00PM	In Room	Snack	Free Time	Reflections	9:00PM - 10:00PM
6:30PM - 7:30PM	Snack	10:00PM - 10:30PM	Reflections	6:30PM - 7:00PM	11:00PM - 11:30PM	Snack
YMCA	NA / AA	Lights Out	9:00PM - 10:00PM	NA / AA	In Room	In Room
7:30PM - 9:30PM	8:00PM - 9:00PM	10:30PM	In Room	On The Road	11:30PM - 12:00AM	10:00PM - 10:30PM
Reflections/Snack	Reflections		10:00PM - 10:30PM	7:00PM - 11:00PM	Lights Out	Lights Out
9:30PM - 10:00PM	9:00PM - 10:00PM		Lights Out	Snack	12:00AM	10:30PM
In Room	In Room		10:30PM	In Room		
10:00PM - 10:30PM	10:00PM - 10:30PM			11:30PM - 12:00AM		
Lights Out	Lights Out			Lights Out		
10:30PM	10:30PM			12:00AM		

^{* 9:30}AM Room Check