



Landing : Recovery Stage 1 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Free Time/ Church/ Family Visit		
8:00 AM	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation			
8:15 AM	Chores	Chores	Chores	Chores	Chores	Chores			
9:00 AM	Leave for IOP	Peer Group	Leave for IOP	Peer Group	Leave for IOP	Off-Site Activity/ Community Service			
9:15 AM	IOP Accountability		IOP Accountability		IOP Accountability				
10:15 AM	IOP Process Group	Life Development	IOP Process Group	Life Development	IOP Process Group				
11:15 AM	IOP Experiential	House Meeting	IOP Experiential	Enrichment	IOP Experiential				
12:00 PM		Lunch		Lunch					
12:30 PM	Lunch	Volunteer Group	Lunch	Volunteer Group	Lunch				
1:00 PM									
1:30 PM	Big Book	Rec Time/ UFC Gym	Big Book	Rec Time/ UFC Gym	Big Book				
2:00 PM									
2:45 PM	Gym	Grocery Shop leaves	Gym	Grocery Shop leaves	Gym				
3:00 PM									
4:15 PM	Step Work	Step Work	Step Work/ Cook Crew	Step Work	Step Work				
5:30 PM	Dinner	Dinner	House Dinner	Dinner	Dinner			Dinner	House Dinner
6:30-7:30 PM	Outside Meeting	Outside Meeting	Inside Meeting	Outside Meeting	Outside Meeting			Outside Meeting	Inside Meeting
10:00 PM	Curfew	Curfew	Curfew	Curfew	Curfew			Curfew	Curfew
10:30 PM	Nightly Review	Nightly Review	Nightly Review	Nightly Review	Nightly Review			Nightly Review	Nightly Review
11:00 PM	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out		Lights Out	Lights Out	

**IOP services provided by Chapter House Counseling Center*