



# 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	Big Book	Rec Time	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
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*