

C2P Program Schedule						
	Lifestyle & Experiential Program Sections	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 AM - 7:00 AM		Make Beds/ Dress and Prepare for Outdoor Adventure				
7:00 AM - 8:30 AM	Outdoor Adventure	Mountain Biking	Walk/ Hike	Running (Track)	Big Book Study Outdoors	Walk/ Hike
8:30 AM - 9:00 AM	Nutrition & Medication Management	Breakfast and Morning Medications				
9:00 AM - 9:30 AM		Attend to hygiene needs and lunch prep. *Leave for IOP Building @ 10:15PM	Attend to hygiene needs and lunch prep. *Leave for IOP Building @ 10:15PM	Attend to hygiene needs and lunch prep. *Leave for IOP Building @ 10:15PM	Leadership Program	Attend to hygiene needs and lunch prep. *Leave for climbing @ 9:45PM
9:30 AM - 10:00 AM						
10:00 AM - 10:30 AM						
10:30 AM - 11:00 AM	Mindfulness/ Meditation	Yoga/Meditation	Self-Study	ACT Group	Attend to hygiene needs and lunch prep. *Leave for IOP Building @ 12:45PM	
11:00 AM - 12:00 PM						
12:00 PM - 1:00 PM	Nutrition/ Relaxation/ Rest	Lunch with Power Nap and/or Noon Meeting				
1:00 PM - 2:30PM	Fitness Therapy	Cross-Fit	Cross-fit	Cross-Fit	Yoga/Meditation	Cross-Fit
2:30 PM - 4:00 PM	Case Management, Individual Therapy, and Written work with Casey	45 Min Session	45 Min Session (Doc)	45 Min Session	Menu planning	Self-Study
		45 Min Session	45 Min Session (Doc)	45 Min Session	Meal planning	
4:00 PM - 4:15 PM		Depart for/ Arrive at Residence				
4:15 PM - 6:00 PM	Life Skills	Circle	Culinary	Case Management (2-45 Min Sessions)	Grocery Shopping	Circle
6:00 PM - 7:00 PM	Nutrition/ Community	Dinner with Clean-up/ Chores				
7:00 PM - 9:30 PM	Community/ Social Engagement	Support Group Meetings				
9:30 PM-10:30 PM	***Medication Management	Community Time & Night Medications				
10:30 PM - 6:30 AM	Sleep Regiment	Lights Out	Lights out	Lights out	Lights out	Lights out