Alpine Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Breakfast/ Hygiene/Chores	Breakfast/ Hygiene/Chores	Breakfast/ Hygiene/Chores	Breakfast/ Hygiene/Chores	Breakfast/ Hygiene/Chores		
7:30							
8:00						Breakfast/ Hygiene	Breakfast/Hygiene
8:30							
9:00	DBT Goals Group	DBT Goals Group	DBT Goals Group	DBT Goals Group	DBT Goals Group	Chores	Chores
9:30	Process Group	Process Group	Process Group	Process Group	Process Group	DBT Goal Group	DBT Goals Group
10:00						Deep Cleen Rooms	DBT Skills Group
10:30	School	School	School	School	School		
11:00				CD Group/			Interactive Games
11:30	School	School	School	School	School		Free Time
12:00						Library	Lunch/Chores
12:30				School		Lunch/ Chores	
1:00	Lunch/ Study Hall Chores	Lunch/ Study Hall Chores	Lunch/ Study Hall Chores	Lunch/ Study Hall Chores	Lunch/ Study Hall Chores		Music Therapy
1:30						Rec. Therapy	
2:00	School	School	School	School	School		
2:30							
3:00	School	School	School	School	School	Study Hall/Journal	Study Hall/Journal
3:30						Interactive Games/ Outside Time/ Phone Calls	Interactive Games/ Outside Time/ Phone Calls
4:00	School	School	School	School	School		
4:30							
5:00	Dinner/ Therapeutic Homework	Dinner/ Therapeutic Homework	Dinner/ Therapeutic Homework	Rec Therapy	Dinner/ Therapeutic Homework	Therapeutic Yoga Group	
5:30							Dinner/ Chores
6:00	Chores	Chores	Chores		Chores	Dinner/ Chores	
6:30	Interactive Games/Outside Time/Phone Calls	Deep Clean Kitchen & Classroom	Level 2 Activity Level 3 & 4 Phone Calls	Dinner/Chores	Gym Time/Phone Calls		Sunday Movie AA Phone Calls
7:00		Lvl 4/ Phone Calls				Rewards	
7:30	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene	Snack/Hygiene
8:00	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds	Goals Group/Meds
8:30	On Beds/ Q-Time	On Beds/ Q-Time	On Beds/ Q-Time	On Beds/ Q-Time	On Beds/ Q-Time	On Beds/ Q-Time	On Beds/ Q-Time
8:45	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out