

WATCH Program Daily Schedule

Revised 9/1/2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Wake up	Wake up	Wake up	Wake up	Wake up	Wake up	Sleep In!
6:30am	Reflections	Reflections	Reflection	Reflection	Reflection	Reflection	Reflection
7:00am	Breakfast/Task	Breakfast/Task	Breakfast/Task	Breakfast/Task	Breakfast/Task	Breakfast/Task	Wake up!
7:30am	Recreation	Recreation	Recreation or Celebrate	Recreation	Recreation	Recreation	Breakfast
8:00am		Centurion Exercise	Recovery -Staff Lounge	Centurion Exercise		Centurion Exercise	
8:30am	Count	Count	Count	Count	Count	Count	Count
9:00am	9:00 TC	9:00 TC	9:00 TC	9:00 TC	9:00 TC	9:00 TC (No Music)	Super Clean
9:30am	CD GROUP Orientation	CD GROUP	CD GROUP	CD GROUP	CD GROUP	CD GROUP	Recreation
10:00am							
10:30am							Homework
11:00am							Fine Arts-10:30-11:30
11:30am	RA's and SFM Meet with Unit Staff (All Units)	RA's and SFM Meet with Unit Staff (All Units)	RA's and SFM Meet with Unit Staff (All Units)	RA's and SFM Meet with Unit Staff (All Units)	RA's and SFM Meet with Unit Staff (All Units)		Lunch
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	
12:30pm	Staff Rx Mtg 12:05	Staff Rx Mtg 12:05	Staff Rx Mtg 12:05	Staff Rx Mtg 12:05	Staff Rx Mtg 12:05	Staff Rx Mtg 12:05	
1:00pm	Count	Count	Count	Count	Count	Count	Count (12:45)
1:30pm	1:00-2:00 Bible Study 1:00-2:00 Study Hall 1:00-2:00 KNIGHTS Group & Centurion Study Group- Dk Blue	<u>Relapse Prevention</u> <u>Rick K's Office</u> <u>CP&R</u> 1:00p to 2:30p Phase I-LS Phase II-Upper Units Phase III-PIII Room	<u>Graduation Day!</u> Phase I- Lectures LS Phase II-Mentor Training Phase III-Study Hall <u>Relapse Prevention</u> Rick K's Office	<u>CP&R</u> 1:00pm to 2:30pm Phase I-LS Phase II-Upper Units Phase III-PIII Room	<u>Parenting</u> 1:00p-2:30p <u>CP&R</u> 1:00p to 2:30p Phase I-LS; Phase II- Upper Phase III-PIII Room	<u>CP&R</u> 1:00p to 2:30p Visit 2:00 – 4:00	Church Services After 12:45 count Home Work
2:00pm	2:00-2:55pm 2nd WATCH -LS Phase I- Victims- LS						2:00p to 3:00p Centurion Peer Study in Green & Light Blue
2:30pm	Phase II Anger Management Upper Units Phase III Study Hall	<u>CT&E</u> 2:30 to 3:40 Ph I-LS Ph II-Dark Blue Ph III-Light Blue	<u>Specialty Groups</u> 2:30p to 3:30p	<u>TC All Family Members</u>	<u>CP&R</u> 2:30p-3:40p	<u>Study Hall</u> 2:30p to 3:40p <u>Welcom Wagon</u> 2:30 in Green Unit	Recovery Based Groups Family Units 3:00pm to 4:00pm
3:00pm	<u>Life Skills</u> Phase I-LS Phase II-Gym Phase III-Light Blue						
3:30pm							
3:50pm	Count	Count	Count	Count	Count	Family Mtg 3:50	Count @ 4:00
4:20pm	Family Mtg	Family Mtg	Family Mtg	Family Mtg	Family Mtg	Count @ 4:00	
4:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
5:00pm							
5:30pm	Homework or TV (news ONLY!!)	Homework or TV (news ONLY!!)	Homework or TV (news ONLY!!)	Homework or TV (news ONLY!!)	Recreation 5:30 – 6:30		
6:00pm	Recovery-Based Mtg 6:00	Outside AA mtg	Recovery-Based Mtg 6:00	Recovery-Based Mtg		Recreation 6:00 – 7:00	Recreation 6:00 – 7:00
6:30pm	-7:00	Recovery-Based Group 6:00 7:00	7:00	6:00 -7:00	Free Time 6:30 – 7:00		
7:00pm	CP&R Study Group (Everyone Attends)	Homework	Study Hall-All Units	Rules School (Everyone Attends)	AA Meeting – Outside Participants-All Units	7:00 – 8:00 Free Time	7:00 – Movie Mandatory (1 Hour of Movie is Mandatory)
7:30pm							
8:00pm	Recreation	Recreation	Recreation	Recreation		8:00 – 9:00 AA Speaker Meeting	Free Time
8:30pm					Free Time		
9:00pm	Count Reflections(untill 9:30)	Count Reflections (untill 9:30)	Count Reflections (untill 9:30)	Count Reflections (untill 9:30)	Count Reflections (untill 9:30)	Count Reflections (untill 10:00)	Count Reflections (untill 9:30)
9:30pm	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed	Prepare for Bed
10:00pm	Lights Out – Phase 1	Lights Out – Phase 1	Lights Out – Phase 1	Lights Out – Phase 1	Lights Out – Phase 1	Lights Out – Phase 1	Lights Out – Phase 1
10:30pm	Lights Out – Phase 2	Lights Out – Phase 2	Lights Out – Phase 2	Lights Out – Phase 2	Lights Out – Phase 2	Lights Out – Phase 2	Lights Out – Phase 2
11:00pm	Lights Out – Phase 3	Lights Out – Phase 3	Lights Out – Phase 3	Lights Out – Phase 3	Lights Out – Phase 3	Lights Out – Phase 3	Lights Out – Phase 3

**From 5:30pm-6:00pm , Monday – Friday you may watch theNEWS ONLY. On Saturday and Sunday you may watch whatever is decided upon by Phase 3 Family Members during this time perio

At 9:30pm, you may watch TV. You must be **in bed according to the phase you are in, and the TV will be turned off for everyone at 11:00pm.
On Saturday's you may watch TV During Study Hall 2:30-3:40pm (this is for College Football only)

WATCH Program Daily Schedule