

WATCh-East Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00a	Wake up/count/Reflections	Wake up/count/Reflections	Wake up/count/Reflections	Wake up/count/Reflections	Wake up/count/Reflections	Wake up/count/Reflections	Opt wake up/count/or sleep in until 730a
6:30a	(M) Breakfast/task	(M) Breakfast/task	(M) Breakfast/task	(M) Breakfast/task	(M) Breakfast/task	(M) Breakfast/task	Opt (M) Breakfast
7:00a	(W) Breakfast/task/MRec	(W) Breakfast/task/MRec	(W) Breakfast/task/MRec	(W) Breakfast/task/MRec	(W) Breakfast/task/MRec	(W) Breakfast/task/MRec	Opt (W) Breakfast Wakeup 0730
8:00a	WRec/task	WRec/task	WRec/task	WRec/task	WRec/task	WRec/task	Superclean
9:15a	TC	TC	TC	TC	TC	TC	Superclean
9:45a	CD Group Phase 1, 2, 3 Phase down group	CD Group Phase 1, 2, 3 Phase down group	CD Group Phase 1, 2, 3 Phase down group	CD Group Phase 1, 2, 3 Phase down group	CD Group Phase 1, 2, 3 Phase down group	CD Group Phase 1, 2, 3 Phase down group 11am -Mods Group	9:30a-10:30a MRec W Free time 10:45-11:45a WRec M Free time
11:50a	Lunch (W)	Lunch (W)	Lunch (W)	Lunch (W)	Lunch (W)	Lunch (W)	Lunch (W)
12:40p	Lunch (M)	Lunch (M)	Lunch (M)	Lunch (M)	Lunch (M)	Lunch (M)	Lunch (M)
1:35p	CP&R Phase 1,2,3 Grief Phase down group	Phase down group 1 st Tues of Month – Rule School Study Hall Cog. Beh. Intervention – Sub. Abuse Group (CBI-SA)	Staff Lecture Phase down group Graduation as scheduled	Phase down group Study Hall Cog. Beh. Intervention – Sub. Abuse Group (CBI-SA)	CP&R Phase 1,2,3 DBT Group Phase down group	CP&R Phase 1,2,3 Phase down group	Free/rest /Family Ed 2p-Church
3:00p	Recovery Success Planning Life Skills Anger Man. – Grp #1	Voc. Of Violence- Men Tending the Hearts Garden – Women	2:30 Study Hall/Committee Meet 3:30p -Family Meeting	Peer Panel Experience	Victim Impact Study Hall Anger Man. – Grp #2	2:30p Parenting - CTE Phase 1,2,3	Church/Visiting/free
4:00p	Study Hall		Bible Study	Study Hall	Study Hall/Committee meetings	3:30p Art – Men and Women	Visiting/free
4:30p	Family Meeting	Family Meeting	CTE Phase 1,2,3	Family Meeting	Family Meeting	Family Meeting	Visiting/free
5:00p	Dinner (W)	Dinner (W)	Dinner (W)	Dinner (W)	Dinner (W)	Dinner(W)	Dinner (W)
5:45p	Dinner (M)	Dinner (M)	Dinner (M)	Dinner (M)	Dinner (M)	Dinner (M)	Dinner (M)
6:00p	Free time/W opt Gym 615-645	Free time/W opt Gym 615-645	Free time/W opt Gym 615-645	Free time/W opt Gym 615-645	Free time/W opt Gym 615-645	Free time/W opt Gym 615-645	Free time/W opt Gym 615-645
7:00p	Recovery Groups	Recovery Groups	Recovery Groups/Talking Stick	Recovery Groups	Outside AA/RA	Recovery Groups	Outside AA/RA
8:00p	Free time/M opt Gym	Free time/M opt Gym	Free time/M opt Gym	Free time/M opt Gym	Free time/M opt Gym	Free time/M opt Gym	Free time/M opt Gym
8:30p	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections	Reflections
9:15p	Smudge	Smudge	Smudge	Smudge	Smudge	Smudge	Smudge
9:30p	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time	Quiet Time
10:00p	In Bed Phase 1	In Bed Phase 1	In Bed Phase 1	In Bed Phase 1	In Bed Phase 1	In Bed Phase 1	In Bed Phase 1
10:30p	In Bed Phase 2	In Bed Phase 2	In Bed Phase 2	In Bed Phase 2	In Bed Phase 2	In Bed Phase 2	In Bed Phase 2
11:00p	In Bed Phase 3	In Bed Phase 3	In Bed Phase 3	In Bed Phase 3	In Bed Phase 3	In Bed Phase 3	In Bed Phase 3

Count: 0605, 0910, 1330, 1850, 2105, 2325

Talking stick, if scheduled: 1st/3rd Wed Women/2nd/4th Wed Men

Sunday free time: rest included

During meal times lunch/dinner: Hierarchy has optional gym, gender specific

Revised 4/17/19