



	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 AM	SLEEP						
7:00 AM	PREPARE TO START THE DAY, HEALTH CONSCIOUS BREAKFAST					SLEEP	
8:00 AM	MORNING MEDITATION, JOURNAL WRITING, INSPIRATIONAL READING, CONTEMPLATIVE WALKING					PREPARE FOR THE DAY, MEDITATION, JOURNALING, READING, WALKING, HEALTH CONSCIOUS BREAKFAST	
9:00 AM	WORK AND/OR PERFORM ELECTED ACTIVITIES (WEIGHTS, CARDIO, YOGA, PILATES, ROCK WALL CLIMBING, BASKETBALL, RAQUETBALL, SQUASH, INDOOR AND OURDOOR SWIMMING POOLS, SAUNA, JACUZZI, STEAM ROOM, GROUP EXERCISE CLASSES, ETC...					WORK-OUT	RECOVERY BASED SPIRITUAL DEVELOPMENT
10:00 AM							
11:00 AM							
12:00 PM	HEALTH CONSCIOUS LUNCH						
1:00 PM	APPLY TO 5 OR MORE HOURLY JOBS EACH WEEK					GROUP SPORTS OFF-SITE, MONTHLY ARTISTIC DEVELOPMENT, MASSAGE, HAIRCUT, ETC...	WEEKLY HOUSE EVENTS OFF-SITE
2:00 PM							
3:00 PM							
4:00 PM	MEET WITH OPTIONAL THERAPIST, SEEK LEGAL OR MEDICAL AID, ATTEND LOCAL EVENTS & ACTIVITIES IN AUSTIN WITH OTHER HOUSE MEMBERS, PERFORM ELECTED ACTIVITES, RELAX AT HOUSE						
5:00 PM	HEALTH CONSCIOUS DINNER						
6:00 PM	MEET WITH ACCOUNTABILITY PARTNER	MEET WITH RECOVERY COACH	MEET WITH SPONSOR	MEET WITH RECOVERY COACH	SPONSOR	MONTHLY SERVICE AT CITY WIDE MEETING	MEET WITH RECOVERY COACH
7:00 PM			MEDITATION		QUI GONG		
8:00 PM	OFF-SITE MEETING	IN-HOUSE RECOVERY MEETING		IN-HOUSE RECOVERY MEETING	OFF-SITE MEETING	OFF-SITE MEETING	IN-HOUSE RECOVERY MEETING
9:00 PM	EVENING MEDITATION, JOURNAL WRITING, INSPIRATIONAL READING					RELAX	
10:00 PM	PREPARE FOR SLEEP						
11:00 PM	SLEEP						
12:00 AM							
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM							