Detox & Residential Schedule Colorado Springs

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07:00	Wake-up + Vitals 07:00 - 07:30						
08:00	Breakfast + Medication 07:30 - 08:30						
09:00	Medication Window + Smoke Break 08:30 - 09:00						
10:00	Journal + Self Reflection 09:00 - 10:30	Morning Group 09:00 - 10:30	Morning Group 09:00 - 10:30	Morning Group 09:00 - 10:30	Morning Group 09:00 - 10:30	Morning Group 09:00 - 10:30	Morning Group 09:00 - 10:30
11:00	Smoke Break 10:30 - 11:00						
12:00	Journal + Self Reflection	Morning Group	Morning Group	Morning Group	Morning Group	Morning Group	Morning Group
01:00	Lunch + Medication 12:00 - 01:00						
02:00	Smoke Break 01:00 - 01:30						
	Afternoon Group 01:30 - 03:00	Afternoon Group 01:30 - 03:00	Afternoon Group 01:30 - 03:00	Afternoon Group 01:30 - 03:00	Afternoon Group 01:30 - 03:00	Afternoon Group 01:30 - 03:00	Medical Ed.
							Personal Time
03:00	Smoke Break 03:00 - 03:30						
04:00	Afternoon Group 03:30 - 04:30	Afternoon Group 03:30 - 04:30	Afternoon Group 03:30 - 04:30	Afternoon Group 03:30 - 04:30	Afternoon Group 03:30 - 04:30	Afternoon Group 03:30 - 04:30	Personal Time
	Meds + Vitals	Meds + Vitals	Meds + Vitals	Meds + Vitals	Meds + Vitals	Meds + Vitals	Medication Window
05:00	Dinner 05:00 - 05:30						
06:00	Smoke Break 05:30 - 06:00						
07:00	Cleaning 06:00 - 07:00	Cleaning 06:00 - 07:00	Cleaning 06:00 - 07:00	Cleaning 06:00 - 07:00	Cleaning 06:00 - 07:00	Cleaning 06:00 - 07:00	On-site Meeting
08:00	Phone Calls 07:00 - 08:00						
09:00	Medication Window 08:00 - 08:30						
	Nightly Reflections 08:30 - 09:00						
10:00	Smoke Break 09:00 - 09:30						
	Hygiene 09:30 - 10:30						
11:00	Lights Out 10:30 - 11:00						