

Heartland West Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0530 Wake Up	0530 Wake Up	0530 Wake Up	0530 Wake Up	0530 Wake Up	0730 Wake Up	0730 Wake Up
0545 showers and chores	0545 showers and chores	0545 showers and chores	0545 showers and chores	0545 showers and chores	0800/Meds and Nursing group	0800 Meds
730 brkfst & meds	730 brkfst & meds	730 brkfst & meds	730 brkfst & meds	730 brkfst & meds	0830 Breakfast	0830 Breakfast
800 daily goals	800 daily goals	800 daily goals, 1000 group rehab	800 daily goals	800 daily goals, 1000 group rehab	0900 Chores, Clean Up, AM Showers	0900 Chores, Clean Up, AM Showers
1000 group with sjt	1000 group rehab	1120-1150 lunch, 1150-1458 school	1120-1150 lunch, 1150-1458 school	1120-1150 lunch, 1150-1458 school	1000 Group Rehab	1000 Group Rehab
1120-1150 lunch, 1150-1458 school	1120-1150 lunch, 1150-1458 school	1500-1600 Group Therapy	1000 -1130 Group Therapy		1100 Outdoor Activity/Leisure	1100 Outdoor Activity/Leisure
1600 group rehab	1600, chloe, leisure, outdoor activity time	1600 group process with sjt	1600 group rehab	1600 group process with sjt	1130 Prepare Lunch	1130 Prepare Lunch
1700 chloe, leisure outdoor activity time		1700 chloe, leisure outdoor activity time	1700 chloe, leisure outdoor activity time	1730 Dinner/Meds HBHS	1230 MEDS-delivered	1230 Meds-delievered
1730 Dinner/Meds HBHS	1730 Dinner/Meds HBHS	1730 Dinner/Meds HBHS	1730 Dinner/Meds HBHS	1800 menu planning and grocery shopping for the weekend	1300 ACTIVITY CALENDAR-Expressive	1300 Activity Calendar
1900 mindfulness activity/rehab	1900 Positive Peer Group/rehab	1900 mindfulness activity/rehab	1900 Positive Peer Group/rehab		1730 Prepare Dinner	
2000 Showers/Leisure Time	2000 Showers/Leisure Time	2000 Showers/Leisure Time	2000 Showers/Leisure Time	2100 Friday fun night for all who earned those who don't bed	1800 Dinner 1900 Meds-Delivered	1730 Prepare Dinner
2030 Restricted Zone bedtime	2030 Restricted Zone Bedtime	2030 Restricted Zone Bedtime	2030 Restricted Zone Bedtime	2100 Restricted Zone Bed	1900 Community	1900 Community
2100 Yellow Zone Bed	2100 Yellow Zone Bed	2100 Yellow Zone Bed	2100 Yellow Zone Bed	2200 Yellow Zone Bed	2100 Restricted Zone Bed	1800 Dinner 1900 Meds-Delivered
2130 Green Zone Bed	2130 Green Zone Bed	2130 Green Zone Bed	2130 Green Zone Bed	2230 Green Zone Bed	2200 Yellow Zone Bed	2030 Restricted Zone Bedtime
					2230 Green Zone Bed	2100 Yellow Zone Bed
						2130 Green Zone Bed