

CARP WEEKLY SCHEDULE - CLIENT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
7:30am	Wake-Up Shower/Dress/Tidy Room	Wake-Up Shower/Dress/Tidy Room	Wake-Up Shower/Dress/Tidy Room	Wake-Up Shower/Dress/Tidy Room	Wake-Up Shower/Dress/Tidy Room	8:30am	Wake-Up Shower/Dress/Tidy Room	Wake-Up Shower/Dress/Tidy Room
8:15am	<i>Check-In/Breakfast</i>	<i>Check-In/Breakfast</i>	<i>Check-In/Breakfast</i>	<i>Check-In/Breakfast</i>	<i>Check-In/Breakfast</i>	9:00am	<i>Check-In/Breakfast</i>	<i>Check-In/Breakfast</i>
8:30am	Chores	Chores	Chores	Chores	Chores	9:30am	Chores	Chores
9:00am	Academics/Clinical Homework(Breaks 10am & 11am)	Academics/Clinical Homework(Breaks 10am & 11am)	Academics/Clinical Homework(Breaks 10am & 11am)	Academics/Clinical Homework(Breaks 10am & 11am)	Academics/Clinical Homework(Breaks 10am & 11am)	10:30am	Gym	Recreation Activity
12:30-1:00pm	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	<i>Lunch</i>	12:30-1:00pm	<i>Lunch</i>	
1:00pm	Lunchtime Clean-Up	Lunchtime Clean-Up	Lunchtime Clean-Up	Lunchtime Clean-Up	Lunchtime Clean-Up	1:30pm	Reasons for Quitting Group	
1:30pm	Mindfulness	Prosocial	Gym	Seeking Safety	ACRA			
3:00pm	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	3:30pm	Family Visits (3:30-5:30) Personal Time	Family Visits (3:30-5:30) Personal Time
3:30pm	Group Walk/Run	Personal Time	Personal Time	Group Walk/Run	Group Fitness Class	5:00pm		
5:00pm	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	<i>Dinner</i>	5:30pm	Chores/Dishes/Clean-Up Phone Calls	Chores/Dishes/Clean-up Phone Calls
5:30pm	Chores/Dishes/Clean-Up	Chores/Dishes/Clean-Up	Chores/Dishes/Clean-Up	Chores/Dishes/Clean-Up	Chores/Dishes/Clean-Up	6:00pm		
6:00pm	Personal Time/Phone Calls	Personal Time/Phone Calls	Personal Time/Phone Calls	Personal Time/Phone Calls	Personal Time/Phone Calls	7:30pm	Pro-Social Activity (7:30 - 9)	Transitions Group (7:30-9)
7:15pm	ACRA Group (7:15-8:15) (8:30-9:30- Yoga with a volunteer instructor)	Social Skills Training	Anger Control Training	Moral Reasoning	Weekly Check-out & How to Succeed at DSYTC Group (7:15-8)			
9:00pm	Eve Snack/Medication Administration/Relaxation Time	Eve Snack/Medication Administration/Relaxation Time	Eve Snack/Medication Administration/Relaxation Time	Eve Snack/Medication Administration/Relaxation Time	Movie Night	9:00pm	Eve Snack/Medication Administration/Relaxation Time	
10:00pm	Bedtime	Bedtime	Bedtime	Bedtime		10:00pm	Bedtime	
10:30pm	Bedtime Platinum	Bedtime Platinum	Bedtime Platinum	Bedtime Platinum		10:30pm	Bedtime Platinum	
					Bedtime Gold & Platinum	11:00pm	Bedtime Gold & Platinum	Bedtime Gold & Platinum