

Medium Intensity Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30 AM	Be out of bed, dressed and have bed made					Up at 9:30 AM
8:00 AM	Morning Meditation					Meditation @ 10AM
9:30 AM	Chores done by 9:30AM Monday-Friday					Chores done at 1030AM <u>Transport:</u> Mens AA @ 7:30 AM Women's AA @ 930AM
10:00 AM	Group Session 10AM-11:30AM Monday and Wednesday Tuesday and Thursday attend Men's and Women's group 10AM-11:30AM				Walmart 10:30AM-11:30AM (optional)	
11:30 AM						
11:45 AM-1PM	Lunch					
1:30 PM	Educational Lecture 1:30PM-2:30 PM Monday-Thursday					Sunday
2:30 PM						Up at 9:30 AM
3:00 PM	Group Session 3PM-4:30PM Monday-Wednesday-Thursday NO GROUP TUESDAY					Meditation @ 10AM
3:30 PM						
4:00 PM						
4:30 PM						Chores at 1030AM
4:45 PM-6PM	Supper					
6:00 PM	Smart Meeting 6PM-7PM					
6:30 PM						
7:00 PM	RRRC transports to AA/NA 7:30P	RRRC transports to AA/NA 7:30P		RRRC transports to AA/NA 7:30PM		
7:30 PM			Smart Meeting 7:40PM			

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