

# Rising Peak Academy Daily Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		WAKE /CHORES	WAKE /CHORES	WAKE /CHORES	WAKE /CHORES	WAKE /CHORES	
8 AM	SLEEP	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	SLEEP
		DAY BY DAY	DAY BY DAY	DAY BY DAY	DAY BY DAY	DAY BY DAY	
9 AM	SLEEP	GOALS/JOURNAL	GOALS/JOURNAL	GOALS/JOURNAL	GOALS/JOURNAL	GOALS/JOURNAL	WAKE /CHORES
		SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	BREAKFAST
10 AM	WAKE /CHORES	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	WORK CREW
	BRUNCH						
11 AM	FREE/STUDY/GYM	SCHOOL	SCHOOL	SCHOOL	SCHOOL	SCHOOL	WORK CREW
						SCHOOL CLEAN UP	
12 AM	GROUP ACTIVITY	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
	SERVICE WORK	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY
1 PM	GROUP ACTIVITY	SCHOOL	SCHOOL	SCHOOL	SCHOOL	GROUP THERAPY	WORK CREW
	SERVICE WORK					COMMUNITY	
2 PM	GROUP ACTIVITY	SCHOOL	LIFE SKILLS/LECTURE	SCHOOL	SCHOOL	EQUINE THERAPY	WORK CREW
	SERVICE WORK	SCHOOL CHORES	SCHOOL CHORES	SCHOOL CHORES	SCHOOL CHORES	(EVERY OTHER WEEK)	
3 PM	GROUP ACTIVITY	ART WITH TESSA	GROUP THERAPY	YOGA	GROUP THERAPY	EXPERIENTIAL THERAPY	REC
	SERVICE WORK		PROCESS GROUP		PROCESS GROUP		
4 PM	GROUP ACTIVITY	FREE/STUDY/GYM	FREE/STUDY/GYM	FREE/STUDY/GYM	FREE/STUDY/GYM	EXPERIENTIAL THERAPY	FREE/STUDY/GYM
	SERVICE WORK						
5 PM	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY	KITCHEN DUTY
6 PM	PHONE CALLS	PHONE CALLS	PHONE CALLS	AA MEETING	PHONE CALLS	PHONE CALLS	PHONE CALLS
				BAND OF BROTHERS			
7 PM	FREE/STUDY/GYM	FREE/STUDY/GYM	SPONSORS	PHONE CALLS	AA MEETING	12 STEP GROUP	FREE/STUDY/GYM
					BIG BOOK STUDY		
8 PM	FREE/STUDY/GYM	AA MEETING	FREE/STUDY/GYM	FREE/STUDY/GYM	FREE/STUDY/GYM	GROUP ACTIVITY	FREE/STUDY/GYM
		OPEN MEETING					

LIGHTS OUT 10:30 PM