



## SAMPLE DAILY SCHEDULE

TIME	ACTIVITY
8:00 A.M. - 9:00 A.M.	Breakfast
9:00 A.M. - 12:00 P.M.	Virtual IOP
12:00 P.M. - 1:00 P.M.	Lunch
1:00 P.M. - 1:30 P.M.	Check-In with Sober Support
2:00 P.M. - 3:00 P.M.	Yoga/Meditation
3:00 P.M. - 5:00 P.M.	Independent Time
5:00 P.M. - 6:00 P.M.	Meet with Case Manager
6:00 P.M. - 7:00 P.M.	Dinner
7:00 P.M. - 8:00 P.M.	Recovery Meeting
8:00 P.M. - 11:00 P.M.	Independent Time

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