Plum Creek Recovery Ranch Program Schedule (Men)

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------|---------------------------------------|---|---|---|---|---|---|
| 6:30a-7:00a | Wake Up | Wake Up | Wake Up | Wake Up | Wake Up | Wake Up | Wake Up |
| 7:00a-8:00a | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast | Breakfast |
| 8:00a-8:30a | Medications/ADL's | Medications/ADL's | Medications/ADL's | Medications/ADL's | Medications/ADL's | Medications/ADL's | Medications/ADL's |
| 8:30a-9:30a | Tai Chi/ Yoga/Meditation Weekly | Tai Chi/ Yoga/Meditation Primary Clinical |
| 9:30a-11:00a | Goals/Gratitude list (MHT) | Group | Group | Group | Group | Group | Group |
| 11:00a-11:30a | Walking path/Journaling | Walking path/Journaling | Walking path/Journaling | Walking path/Journaling | Walking path/Journaling | Walking path/Journaling | Walking path/Journaling |
| 11:30a-12:30p | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch | Lunch |
| 12:30p-1:30p | Healthy Living (MHT) | Health and Wellness Education (RN) | Health and Wellness Education (RN) | Health and Wellness Education (RN | Health and Wellness Education (RN) | Health and Wellness Education (RN) | Healthy Living (MHT) |
| 1:30p-2:00p | Break | Break | Break | Break | Break | Break | Break |
| 2:00p-3:00p | Family Education | Didactic Education | Didactic Education | Community Meeting | Didactic Education | Didactic Education | Expressive Arts (Art therapist?) |
| 3:00p-4:00p | Family Group | Curriculum Work | Community Meeting |
| 4:00p-5:00p | Family Visiting | Health and Wellness Activity |
| 5:00p-5:30p | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time | Personal Time |
| 5:30p-6:30p | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner | Dinner |
| 6:30p-7:30p | Relapse Prevention | Relapse Prevention | Relapse Prevention | Relapse Prevention | Relapse Prevention | Relapse Prevention | |
| 7:30p-8:00p | Break | Break | Break | Break | Break | Break | Movie/Game night |
| 8:00p-9:00p | 12 Step Meeting/SMART Recovery | 12 Step Meeting/SMART Recovery | 12 Step Meeting/SMART Recovery | 12 Step Meeting/SMART Recovery | 12 Step Meeting/SMART Recovery | 12 Step Meeting/SMART Recovery | |
| 9:00p-9:30p | Daily Reflections | Daily Reflections | Daily Reflections | Daily Reflections | Daily Reflections | Daily Reflections | Daily Reflections |
| 9:30p-10:30p | Medications/ADL's | Medications/ADL's | Medications/ADL's | Medications/ADL's | Medications/ADL's | Medications/ADL's | Medications/ADL's |
| 10:30p | Lights Out | Lights Out | Lights Out | Lights Out | Lights Out | Lights Out | Lights Out |