

Mark Houston Recovery



Daily / Weekly Schedule:

Mon-Thurs		Friday	
Time	Activity	Time	Activity
6:30am	Wake-up	6:30am	Wake-up
6:45 - 7:00am	Prayer / Meditation	6:45 - 7:00am	Prayer / Meditation
7:15 - 8:15am	Work Ethic	7:15 - 8:15am	Work Ethic
9:00 - 9:30am	Breakfast	9:00 - 9:30am	Breakfast
10:00 - 10:45am	Steel on Steel	10:00 - 10:45am	Steel on Steel
11:15 - Noon	Big Book	11:15 - Noon	Big Book
Noon - 12:30pm	Lunch	Noon - 12:30pm	Lunch
1:00 - 1:45pm	Various Talks	1:00 - 1:45pm	Various Talks
2:00 - 5:00pm	Physical Exercise	2:00 - 5:00pm	Physical Exercise
5:30 - 6:30pm	Dinner	5:30 - 6:30pm	Dinner - Steak Night
7:00 - 9:00pm	Various (AA, etc...)	7:30 - 11:30pm	Movie / Personal
10:00pm	Evening Review	10:00 - 10:30pm	Evening Review
10:30pm	Lights Out	12:00am	Lights Out

Saturday		Sunday	
Time	Activity	Time	Activity
7:30am	Wake-up	7:30am	Wake-up
8:00 - 8:15am	Prayer / Meditation	8:00 - 8:15am	Prayer / Meditation
8:15 - 9:30am	Breakfast	8:15 - 9:30am	Breakfast
10:00 - 11:30am	Social Time	10:00 - 11:00am	Rotating Topic Mtg.
Noon - 1:00pm	Lunch	11:00 - Noon	Deep Clean Houses
1:00 - 4:00pm	Social Time	Noon - 1:00pm	Lunch
4:00 - 5:00pm	Work Ethic & Prep	1:00 - 7:30pm	Phone Calls
6:30 - 7:30pm	Dinner	5:30 - 6:30pm	Dinner
8:00 - 9:30pm	Speaker Meeting	8:00 - 8:45pm	Tell Your Story Mtg.
10:00 - 10:30pm	Evening Review	8:45 - 10:00pm	Personal Time
10:30 - 12:00am	Personal Time	10:00 - 10:30pm	Evening Review
12:00am	Lights Out	10:30pm	Lights Out

12 Step meeting schedule:

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Outside 12 Step Meeting	Outside 12 Step Meeting	Outside 12 Step Meeting	In-House Meeting	In-House Meeting	Open Speaker Meeting @ Joe Hawk Hall.	Resident's "Tell Your Story" Meeting