

Mark Houston Recovery



Men's Program Daily / Weekly Schedule:

Monday & Friday		Tuesday - Thursday	
<i>Time</i>	<i>Activity</i>	<i>Time</i>	<i>Activity</i>
6:00am	Wake-up	6:00am	Wake-up
6:30 - 6:45am	Prayer / Meditation	6:30 - 6:45am	Prayer / Meditation
7:00 - 7:45am	Work Ethic	7:00 - 7:45am	Work Ethic
8:00am	Breakfast	8:00am	Breakfast
9:15 - 10:00am	Circle	9:15 - 10:00am	Circle
10:15 - 11:00am	Personal Business	10:15 - 11:00am	Personal Business
11:15 - Noon	Various Talks	11:15 - Noon	Big Book
12:15 - 12:45pm	Lunch	12:15 - 12:45pm	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 - 6:00pm	Dinner	5:30 - 6:00pm	Dinner
7:00 - 9:00pm	12 Step Meeting	7:00 - 9:00pm	12 Step Meeting
Monday		9:30 - 9:55pm	Evening Review
9:30- 9:55pm	Evening Review	10:00pm	Lights Out
10:00pm	Lights Out		
Friday			
After 9:00pm	Evening Review		
12:00am	Lights Out		

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