

## MILITARY UNIT WEEKLY SCHEDULE \*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>0700</b>	<b>WAKE UP</b>	<b>WAKE UP</b>	<b>WAKE UP</b>	<b>WAKE UP</b>	<b>WAKE UP</b>	<b>WAKE UP</b>	<b>WAKE UP</b>
<b>0700-0730</b>	PERSONAL HYGIENE Q4 VITALS EARLY BIRD GYM	PERSONAL HYGIENE Q4 VITALS EARLY BIRD GYM	PERSONAL HYGIENE Q4 VITALS EARLY BIRD GYM	PERSONAL HYGIENE Q4 VITALS EARLY BIRD GYM	PERSONAL HYGIENE Q4 VITALS	PERSONAL HYGIENE Q4 VITALS	PERSONAL HYGIENE Q4 VITALS
<b>0730</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
<b>0800</b>	Vitals/Meds	Vitals / Meds	Vitals / Meds	Vitals / Meds	Vitals / Meds	Vitals / Meds	Vitals / Meds
<b>0830-0900</b>	Community Meeting/Goals Group	Community Meeting/Goals Group	Community Meeting/Goals Group	Community Meeting/Goals Group	Community Meeting/Goals Group	Community Meeting/Goals Group	Community Meeting/Goals Group
<b>0900-0930</b>	Individual Therapy Yoga	Individual Therapy	Individual Therapy Yoga	Individual Therapy Acupressure	Individual Therapy Yoga	Individual Therapy Thai Chi	Individual Therapy Acupressure
<b>0930-1000</b>	Outdoors/Smoke Break	Outdoors/Smoke Break	Outdoors/Smoke Break	Outdoors/Smoke Break	Outdoors/Smoke Break	Outdoors/Smoke Break	Outdoors/Smoke Break
<b>1000-1130</b>	Group Therapy (CD/MOOD/CPT) Q4 Vitals	Group Therapy (CD/MOOD/CPT) Q4 Vitals	Group Therapy (CD/MOOD/CPT) Q4 Vitals	Group Therapy (CD/MOOD/CPT) Q4 Vitals	Group Therapy (CD/MOOD/CPT) Q4 Vitals	Group Therapy (CD/MOOD/CPT) Q4 Vitals	Group Therapy (CD/MOOD/CPT) Q4 Vitals
<b>1130</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
<b>1200-1300</b>	<b>Medications</b> Personal Time	<b>Medications</b> Personal Time	<b>Medications</b> Personal Time	<b>Medications</b> Personal Time	<b>Medications</b> Personal Time	<b>Medications</b> Personal Time	<b>Medications</b> Personal Time
<b>1300-1430</b>	Group Therapy (CD/MOOD/CPT)	Group Therapy (CD/MOOD/CPT)	Group Therapy (CD/MOOD/CPT)	Group Therapy (CD/MOOD/CPT)	Group Therapy (CD/MOOD/CPT)	Group Therapy (CD/MOOD/CPT)	Group Therapy (CD/MOOD/CPT)
<b>1430-1500</b>	Outdoors break/ Smoke break	Outdoors break/ Smoke break	Outdoors break /Smoke break	Outdoors break/ Smoke break	Outdoors break/ Smoke break	Outdoors break/ Smoke break	Outdoors break/ Smoke break
<b>1500-1530</b>	Individual Therapy Therapy check-in	Individual Therapy Therapy check-in	Individual therapy Therapy check-in	Individual therapy Therapy check-in	Individual therapy Therapy check-in	Individual therapy Therapy check-in	Individual therapy Therapy check-in
<b>1530-1630</b>	Rec Therapy/PT	Rec Therapy/PT	Rec Therapy/PT	Rec Therapy/PT	Rec Therapy/PT	Rec Therapy/PT	Rec Therapy/PT
<b>1630-1700</b>	Leisure time/ Personal time	Leisure time/ Personal time	Leisure time/ Personal time	Leisure time/ Personal time	Leisure time/ Personal time	Leisure time/ Personal time	Leisure time/ Personal time
<b>1700</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>	<b>DINNER</b>
<b>1730-1830</b>	Leisure Time	Leisure time 5 Sentences with Kris	Leisure Time 5 Sentences with Kris (alternate weeks)	Leisure Time 5 Sentences with Kris (alternate weeks)	Leisure Time	Leisure Time	Leisure Time
<b>1830-1930</b>	Visitation Q4 Vitals	Visitation Q4 Vitals	Visitation Q4 Vitals	Visitation Q4 Vitals	Visitation Q4 Vitals	Visitation Q4 Vitals	Visitation Q4 Vitals
<b>2000</b>	Personal Time AA	Personal Time AA	Personal Time AA	Personal Time NA	Personal Time	Personal Time	Personal Time AA
2100-2300	Personal Time / Meds Quiet Hours	Personal Time / Meds Quiet Hours	Personal Time / Meds Quiet Hours	Personal Time / Meds Quiet Hours	Personal Time / Meds Quiet Hours	Personal Time / Meds Quiet Hours	Personal Time / Meds Quiet Hours
<b>2300</b>	<b>LIGHTS OUT</b>	<b>LIGHTS OUT</b>	<b>LIGHTS OUT</b>	<b>LIGHTS OUT</b>	<b>LIGHTS OUT</b>	<b>LIGHTS OUT</b>	<b>LIGHTS OUT</b>

TREATMENT REVIEWS

THERAPEUTIC EXPOSURE OUTINGS

\*This schedule may be modified, without notice, based on needs of patient community as determined by the clinical staff