

# SAMPLE REHAB TIMETABLE

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30	Water Workout	Water Workout	Water Workout	Water Workout	Water Workout		
8:30 - 9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:30 - 11:00	Shame & Guilt Group	Relationships Group	What is CBT? Group	Emotions Group	Mindfulness Group	Relapse Awareness	Day Excursion
11:00	One-to-One Counseling	Journaling/ Reflection	One-to-One Counseling	Stress Management	Massage	Client Meeting	
12:00 - 12:45	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch Out
13:30	Core Beliefs Group	Grief & Loss Group	Irrational Thinking Group	Continued Care Group	Life Story	13:00-14:00: Shopping 14:00-18:00: in-house activities	
15:00	Homework	Massage	Physical Training	One-to-One Counseling	Physical Training		
16:00	Physical Training	One-to-One Counseling	Massage	Journaling/ Reflection	Stress Management		
17:00	Flexibility	Group Meditation	Group Meditation	Water Sports	Group Meditation		
18:00 - 18:30	Dinner	Dinner	Dinner	Dinner	Dinner		
19:00	Activity (e.g., movie, games, or individual time) or Massage	Activity (e.g., movie, games, or individual time) or Massage	Activity (e.g., movie, games, or individual time) or Massage	Activity (e.g., movie, games, or individual time) or Massage	Activity (e.g., movie, games, or individual time) or Massage	Activity (e.g., movie, games, or individual time) or Massage	Activity (e.g., movie, games, or individual time) or Massage

- This is a sample timetable only; your personal timetable may vary
- Sample Timetable is subject to change