

## Typical Day

6:30- Reveille

-6 30 - 6 45 morning coffee & smoke

-Shower, make bed, journal, personal devotion

7:30- Breakfast & Daily Meditation

-Hot & cold cereal, toast, bagel, PB&J, yogurt, fruit, coffee, juice

8:15- 1<sup>st</sup> smoke break

8:30- Chores

-smoke break #2 prior to gym departure

9:30- Fitness

-Gym, bike rides, hikes, cross fit etc...

-Smoke break #3 after workout at van

12:30- Lunch & Coffee

-smoke break #4

13:15-Academics Part 1

14:30-Break (bathroom & smoke break #5)

14:45-Academics Part 2

16:30-Free Time

17:00-Dinner & Coffee

17 30-Free Time

18:30-Circle Therapy

19:45- Games & Movies –

-Evening Showers, prayer, etc..

22:00- Lights Out