

DAY	MONDAY		TUESDAY		WEDNESDAY		
7:00	Morning Routine		Morning Routine		Morning Routine		
7:20	Campus Walk (Outdoor Hut)		Connect (Rec Room)		Campus Walk (Outdoor Hut)		
7:40	Embrace Huddle (Main Building)		Embrace Huddle (Main Building)		Embrace Huddle (Main Building)		
8:00	<b>BREAKFAST</b>		<b>BREAKFAST</b>		<b>BREAKFAST</b>		
8:30	Clean Up + Transition Time		Clean Up + Transition Time		Clean Up + Transition Time		
8:45	Connect (Rec Room)		Quick FIT (Fitness Room)		Connect (Rec Room)	Private Check-In (Therapeutic Office)	
9:15	Simple Movement (Fitness Room)		Nutrition Group What's the deal with portion sizes? (Rec Room)		Simple Strength (Fitness Room)	Student Departure	
10:15	Snack Time + Transition Time		Snack Time + Transition Time		Snack Time + Transition Time		
10:30	Therapeutic Group Goals & Accountability (Rec Room)		Student Celebration Circle (Rec Room)		Signature Skyterra Group Inspired Intentions (Rec Room)		
11:30	Self-Care + Transition Time	Skyterra Plate (Main Building)	<b>LUNCH</b>		Self-Care + Transition Time	Staff Meeting	
12:00	<b>LUNCH</b>		Davidson River Trail & Creek Stomping 12:30p-3p		<b>LUNCH</b>		Operations Meeting
1:00	Kitchen Organization (Main Building)				Arts + Crafts (Main Building)	Private Therapy (Therapeutic Office)	Private Fitness (Fitness Room)
2:00					Planning Session	Private Therapy (Therapeutic Office)	Private Fitness (Fitness Room)
3:00	Snack Time & Transition Time		Snack Time & Transition Time		Snack Time & Transition Time		
3:15	Campus Walk (Outdoor Hut)	Private Nutrition (Cottage)	Roll & Stretch (Fitness Room)		Culinary Group (Main Building)		Private Therapy (Therapeutic Office)
4:15	Independent Goals & Legacy Project (Rec Room)	Private Nutrition (Cottage)	Independent Goals & Legacy Project (Rec Room)	Private Nutrition (Cottage)			Private Therapy (Therapeutic Office)
5:00	Dinner Preparation		Dinner Preparation		Dinner Preparation		
6:00	<b>DINNER</b>		<b>DINNER</b>		<b>DINNER</b>		
7:00	Huddle & Loving Kindness Meditation (Main Building)		Huddle & Meditation (Main Building)		Huddle & Meditation (Main Building)		
7:30	Book Club/First Aid (Main Building)		Game Night (Main Building)		Game Night (Main Building)		
8:30	Evening Routine		Evening Routine		Evening Routine		

DAY	THURSDAY			FRIDAY		SATURDAY	
7:00	Morning Routine			Morning Routine		7:30 Wake-Up & Morning Routine	
7:20	Connect (Rec Room)			Campus Walk (Outdoor Hut)			
7:45	Embrace Huddle (Main Building)			Embrace Huddle (Main Building)			
8:00	<b>BREAKFAST</b>			<b>BREAKFAST</b>		<b>BREAKFAST</b>	
8:30	Clean Up + Transition Time			Clean Up + Transition Time		Clean Up + Transition Time	
8:45	Looking Glass Rock Hard Out & Back 1772' Elev. Gain	Connect (Rec Room)		Connect (Rec Room)		Embrace Huddle (Main Building)	
9:15		<b>Fun Fitness</b> (Fitness Room)		Simple Circuit Benchmarks (Fitness Room)		Body Weight & Bands (Fitness Room)	
10:15		Transition Time		Self-Care + Transition Time		Transition Time	Lunch Preparation
10:30		Outdoor Mindfulness Practice (Outdoor Hut)		<b>Therapeutic Group</b> Assertive Communication (Rec Room)		Fawn Lake Float & Swimming 10:30am - 3:30pm	
11:30		Transition Time		Transition Time			
12:00	<b>LUNCH</b>			<b>LUNCH</b>			
1:00	Gentle Restorative Yoga (Fitness Room)		Grocery Store Trip	Yoga Flow (Fitness Room)	Private Fitness (Fitness Room)		
2:00	<b>Signature Embrace Group</b> Stress Redefined (Rec Room)			<b>Life Skills Group</b> You Don't Know What You Don't Know (Rec Room)			
3:00	Snack Time			Snack Time			
3:15	Planning Session	Private Fitness (Fitness Room)	Private Therapy (Therapeutic Office)	Independent Self-Care Time (Main Building)	Private Therapy (Therapeutic Office)	3:30pm Self-Care + Transition Time	
4:15	Independent Goals & Legacy Project (Rec Room)		Private Therapy (Therapeutic Office)	Independent Goals & Legacy Project (Rec Room)	Private Therapy (Therapeutic Office)	4:00pm Arts & Crafts (Main Building)	
5:00	Dinner Preparation			Dinner Preparation		Dinner Preparation	
6:00	<b>DINNER</b>			<b>DINNER</b>		<b>DINNER</b>	
7:00	Huddle & Meditation (Main Building)			Huddle & Meditation (Main Building)		Huddle & Meditation (Main Building)	
7:30	Game Night (Main Building)			Movie Night (Main Building)		Game Night (Main Building)	
8:30	Evening Routine			Evening Routine		Evening Routine	

DAY	SUNDAY		Locations	Schedule Key
8:00	Morning Routine (Main Building)		Outdoor Hut: Outdoor Group Meetings & Activity Space	<b>ORANGE:</b> Independence
8:30	Meditation (Rec Room)			<b>BLUE:</b> Self-Care & Stress Management
9:00	<b>BREAKFAST</b>		Main Building: Residences, Kitchen, & Group Meeting Space	<b>BRIGHT YELLOW:</b> Signature Skyterra Talk
9:45	Morning Walk (Outdoor Hut)		Rec Room: Indoor Yoga & Group Activity Area	<b>RED:</b> Movement & Mobility
10:15	Personal Reflection Time & Morning Self-Care (Main Building)		Fitness Room: Cardio, Strength, & Workout Room	<b>YELLOW:</b> Culinary & Nutrition
12:30	<b>LUNCH</b>		Cottage: Administrative Office & Group Meeting Space	<b>GREEN:</b> Recreation & Adventure
1:30	Deep Clean Bedrooms, Kitchen, Living Room, Rec Room		Therapeutic Office: Therapeutic Meeting Space	<b>PURPLE:</b> Mindfulness & Yoga
2:30	Family Time (Main Building)	Self-Guided Time Journaling, Reflection		<b>Individual Sessions</b>
4:00		Creative Arts Time		Wellness Coach _____
5:00	Dinner Preparation			Therapy Session _____
6:00	<b>DINNER</b>			Therapy Session _____
7:00	Game Night (Main Building)			Private Nutrition _____
8:30	Evening Routine			Private Fitness _____