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| 5:00 am | Medicate > Coffee > Move > Meditate |
| 6:00 am | Home Group or Mass |
| 7:00 am | Breakfast |
| 8:00 am | Clean\* |
| 9:00 am | Clean\* |
| 10:00 am | Clean\* (Protein Dose) |
| 11:00 am | Move > Meditate > Cook |
| 12:00 pm | Lunch |
| 1:00 pm | Clean\* |
| 2:00 pm | Clean\* |
| 3:00 pm | Clean\* (Protein Dose) |
| 4:00 pm | Meds > Move > Meditate > Cook |
| 5:00 pm | Meds > Move > Meditate > Cook |
| 6:00 pm | Dinner |
| 7:00 pm | Relax |
| 8:30 pm | Quiet Hour (Screens Out) |
| 9:30 pm | Bed Time (Lights Out |
| \*Monday: | Food |
| Tuesday: | House |
| Wednesday: | Laundry |
| Thursday: | Food |
| Friday: | Paperwork |
| Saturday: | Car/Yard |
| Sunday: | Self |