**Wild Life Prevention and Recovery Center**

**Lake Murray SC Station – Daily Schedule**

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| **TIME** | | | **NO CELL PHONES/ELECTRONICS EXCEPT:**  **- ONLINE CLASSES/MEDITATIONS/MEETINGS**  **- 1 HOUR PER DAY FOR RECREATIONAL USE** |
| **Work Crews &**  **Day Laborers &**  **Other Schedule Followers** | **Teachers**  **& Other**  **School Schedule Followers** | **Housewife**  **(The Boss Sets His Own & All Others’ Schedules, Assignments & Pay)** | **ACTIVITIES** |
| **2:00a** | **3:00a** | **5:00a** | **Wake Up Routine** |
| **2:30a** | **3:30a** | **5:30a** | **Exercise Mind/Body (Yoga, Meditation, Meeting)** |
| **4:00a** | **5:00a** | **07:00a** | **Dress for the Day** |
| **4:30a** | **5:30a** | **07:30a** | **Prepare Breakfast** |
| **5:00a** | **6:00a** | **8:00a** | **Breakfast Together** |
| **6:00a** | **7:00a** | **09:00a** | **Work Meditation (SUN: Worship/Rest)** |
| **Ask Boss** | **Eat w/ Kids** | **12:00p** | **Exercise Mind/Body (Yoga, Meditation, Meeting)** |
| **Work** | **Work** | **01:00p** | **Prepare Lunch** |
| **Work** | **Work** | **01:30p** | **Lunch** |
| **Work** | **Work** | **02:30p** | **Work Meditation (SAT/SUN: Play, Worship, Rest)** |
| **2nd Job Starts** | **Take Work Home** | **04:30p** | **Free Time / Exercise** |
| **Work** | **Work** | **05:30p** | **Prepare Dinner** |
| **Work** | **Work** | **06:30p** | **Dinner Together** |
| **Eat** | **Eat** | **07:30p** | **Free Time** |
| **Sleep** | **Sleep** | **08:30p** | **Self-Care > Meditation > Daily Accounting** |
| **Repeat** | **Repeat** | **09:00p** | **Exit Light, Enter Night** |