



SAMPLE DAILY SCHEDULE FOR FRYE (Levels 1 & 2)

- 6:00 Wake up
- 6:30 Exercise
- 7:00 Hygiene
- 7:30 Breakfast
- 8:30 Morning chores
- 9:00 School begins
- 10:30 Snack break
- 10:45 Back to school
- 12:30 Lunch
- 1:30 Clean up after lunch
- 2:00 Group or Yoga
- 3:00 Hike, music, life skill training, team building exercise, one-on-one tutoring, individual or family therapy, nutrition group
- 4:30 Dinner prep
- 5:30 Dinner
- 6:30 Evening chores
- 7:00 Resident campfire check-in group
- 7:30 Hygiene
- 8:00 Journaling, reading, quiet time
- 9:00 Lights out - bed time

SAMPLE DAILY SCHEDULE FOR FARM HOUSE (Levels 3 & 4)

- 6:00 Wake up
- 6:30 Exercise
- 7:00 Hygiene
- 7:30 Breakfast
- 8:30 Morning house and barn chores
- 9:30 School begins
- 10:30 Snack break
- 10:45 Back to school
- 12:30 Lunch
- 1:30 Clean up after lunch
- 2:00 Riding lesson, dog training, art, music, pottery, cooking lesson, one-on-one tutoring, individual or family therapy, equine assisted psychotherapy, DBT group, substance abuse group, Young Women's Group
- 4:30 Dinner prep
- 5:30 Dinner
- 6:30 Evening house and barn chores
- 7:00 Free time
- 8:00 Hygiene, journaling, reading, quiet time
- 9:00 Lights out - bed time

