



GEM ACADEMY

Weekday Schedule					
	Monday 05/20	Tuesday 05/21	Wednesday 05/22	Thursday 05/23	Friday 05/24
6:15-6:30	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up
6:30-7:30	A.M. Activity (3-mile walk)	A.M. Activity (3-mile walk)	A.M. Activity (3-mile walk)	A.M. Activity (3-mile walk)	A.M. Activity (3-mile walk)
7:30-8:00	Chores / Personal Care	Chores / Personal Care	Chores / Personal Care	Chores / Personal Care	Chores / Personal Care
8:00-8:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:45-9:45	Nutrition	Culinary	Etiology	Nutrition	Culinary
9:45-12:00	Core Academics 1	Core Academics 1	Core Academics 1	Core Academics 1	Core Academics 1
12:00-12:30	Lunch/ Self Monitoring	Lunch/ Self Monitoring	Lunch/ Self Monitoring	Lunch/ Self Monitoring	Lunch/ Self Monitoring
12:30-3:30	Core Academics 2	Core Academics 2	Core Academics 2	Core Academics 2	Core Academics 2
3:30-3:45	Snack	Snack	Snack	Snack	Snack
4:00-5:00	Process Group	Fitness Basics & Gym Etiquette (Discussion)	Phone Calls/ Free Time	Swimming Pool	Basketball @ Cholla Park
5:00-6:00	Dance w/ Stephanie	Life Skills (Forgiveness)	Process Group	Life Skills (Giving and Receiving Compliments)	Relaxation Techniques with Ashley
6:00-7:00	Dinner/ Self Monitoring	Dinner/ Self Monitoring	Dinner/ Self Monitoring	Dinner/ Self Monitoring	Dinner/ Self Monitoring
7:00-8:00	Book Club (Mindset)	LA Fitness (Machines or Cardio)	Zumba w/ Vicki	SpeechCraft w/ Tita	Book club (Mindset)
8:00-9:00	Study Hall/ Games	Art & Music	Study Hall/ Games	Dynamic Stretching	Study Hall/ Games
9:00-10:00	Personal Care/Relaxation	Personal Care/Relaxation	Personal Care/Relaxation	Personal Care/ Relaxation	Personal Care/ Relaxation
10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out

This is a sample schedule. The activities, skills topics, service opportunities and actual schedule will change regularly.



GEM ACADEMY

Saturday 05/25		Sunday 05/26	
6:45 -7:00	Wake Up	6:45-7:00	Wake Up
7:00-8:00	A.M. Activity (3-mile walk)	7:00-8:00	A.M. Activity (3-mile walk)
8:00 - 9:00	Personal Care/ Chores/Breakfast	8:00-8:30	Personal Care & Chores
9:30 - 11:30	Scottsdale GreenBelt Bike Ride (Emporium Bikes)	8:30- 9:30	Breakfast
		9:45-11:00	Kickbox Cardio w/ Robert (LA fitness)
12:00 - 12:30	Lunch Self Monitoring	11:00- 12:00	Book Club (Mindset)
1:00 - 2:30	Arizona Small Dog Rescue Shelter Volunteering (1102 W Hatcher Rd, Phoenix, AZ 85021)	12:00 - 1:00	Lunch Self Monitoring
3:00 - 4:00	Phone Calls Home	1:00 - 2:30	Deep Clean
4:00 - 5:00	LA Fitness (Machines & Cardio)	2:30 - 5:00	Movie and Backyard Games
5:00 - 6:00	Swimming Pool (Open Swim)	5:00-6:00	Dinner Prep
6:00 - 7:00	Dinner/ Self Monitoring	6:00-7:00	Dinner/ Self Monitoring
7:00 - 8:00	Paint Party w/ Stephanie	7:00-9:00	Breakfast Prep/Take Trash Out/Bring Cans to Curb Side
8:00-9:00	Study Hall/ Games	9:00-10:00	Study Hall/Games
9:00-10:00	Personal Care/Relaxation	10:00-10:30	Personal Care/ Relaxation
10:30	Lights Out	10:30	Lights Out

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