

**Evolve Birch Creek/Agoura Hills**  
**Sample Daily Schedule: Monday - Friday**

**6:00 am**

Wake up

**6:30 am**

Exercise/Gym

**7:30 am**

Personal Hygiene/Breakfast

**8:30 am**

Art Therapy/Surf Therapy

**10:00 am**

School

**11:00 am**

Process Group

**12:00 pm**

Lunch/Chores

**1:00 pm**

School

**2:00 pm**

Process Group/DBT Group/Mindful Walk

**3:00 pm**

Yoga/Self-esteem Group/Coping Skills Group

**4:00 pm**

Anger Management Group/Yoga/Boxing

**5:00 pm**

Recreation/Free Time

**6:00 pm**

Dinner/Chores

Roses and Thorns

**7:00 pm**

Music Group/Ted Talks/12-Step (AA) Meetings/Cooking Group/Creative Expression

**8:30 pm**

Mindfulness Activity: Journaling, Self-Evaluation, Group Discussion

**9:00 pm**

Snack/Hygiene

**9:30 pm**

Mindfulness Activity: Meditation/Relaxation.

**10:00 pm**

Lights Out

**Evolve Birch Creek/Agoura Hills  
Sample Daily Schedule: Weekends**

**8:00 am**

Wake up

**8:30 am**

Breakfast/Exercise/Gym/Guided Meditation

**10:00 am**

Saturday: House Cleaning/Health & Wellness

Sunday: Off-site hike/Hygiene/Body Checks

**12:00 pm**

Lunch/Chores/Quiet Reflection

**2:00 pm**

Saturday: Off-site outing

Sunday: Music Group/Family Visits/Recreation/Games/Swimming

**6:00 pm**

Dinner/Chores

Roses and Thorns

**7:30 pm**

Saturday: Movie Night

Sunday: Game Night

**9:00 pm**

Snack/Hygiene

Mindfulness

**10:00 pm**

Lights Out