

A DAY AT BACK ON TRACK, ERIE



Back on Track
FORENSIC FOCUSED REHAB
& INTEGRATED CARE

- 6:30am Breakfast
- 7 am Meditation Group
- 8 am Morning Medication
- 9:15 am Goals Group
- 9:45 am Therapeutic Group
- 11 am Formal Count
- 12 pm Lunch
- 1 pm Medication
- 1:30 pm Therapeutic Group
- 3:45 pm Therapeutic Group
- 5 pm Dinner
- 6 pm Medication Line
- 6:30 pm Volunteer Programming
(AA/NA/Fatherhood)
- 7:30 pm Gratitude Group
- 9 pm Medication Line
- 9:30 pm Formal Count
- 11 pm Curfew for Levels 1 & 2
- 12 am Curfew for Level 3

***Schedule Varies On
Weekends***

MEALS:

B.O.T. Provides
3 Meals A Day:
Breakfast, Lunch, & Dinner
Based On Current FDA
Rules & Regulations For
Daily Nutrition & Calorie
Intake.

Exceptions are made for
Medical & Religious Diets.