

## Sacrificial

Time	Activities
7:00am – 7:30am	Hypnosis / Guided meditation recording
7:30am – 8:00am	Spiritual devotional
8:00am – 8:45am	Gym/ Strength training
9:00am – 10:00am	Walking in the sun 20-60 minutes (Depends on skin type)
10:00am – 1:00pm	(Work projects, chores, errands, cooking)
1:00pm – 1:15pm	(Writing down tomorrow's SCBG schedule)
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## Compensational

Time	Activities
1:30pm – 2:30pm	(Finish walking the rest of your steps for the day)
2:30pm – 3:30pm	(Engage hobbies from lower dopamine to higher amounts of dopamine)
3:30pm – 5:15pm	(Play a recreational sport, play board games, play a table game, play instrument)
5:15pm – 6:00pm	(Watch a TV show)
6:00pm – 6:30pm	(Have dinner)
6:45pm – 8:00pm	(Play Videogames or continue to watch a show)
8:00pm	(Sleep Hygiene Protocol 10-3-1 Rule / Reading Psychoeducation)
8:30pm	(Reading a Psychoeducational book before bed)
9:00pm	(Sleep)