

EXECUTIVE FUNCTIONING

Executive Functioning skills are the mental processes enabling us to create and execute plans, focus attention, follow instructions, and manage responsibilities effectively. Our curriculum supports young adults in challenging themselves through structured and intentional daily opportunities to participate in our multi-pillar approach to health and wellness that challenges the cognitive obstacles of participation, engagement, and follow-through of expectations in a timely and organized manner. The process of daily engagement allows for the application and practice of executive functioning skills supported by our team to allow for transition between activities, planning, organization, application of material presented in classes, task initiation, self-control, flexibility, working memory, time management, emotion regulation, and resilience and perseverance.

	<div>MONDAY</div>
7:30	<div>MORNING ROUTINE AND RISE AND SHINE</div> <div>Personal Space, 30 min</div> <div>Create a routine for yourself to get each morning started with intention and purpose.</div>
8:00	<div>BREAKFAST AND HUDDLE</div> <div>Dining Room, 60 min</div> <div>Start your morning with a nutritious breakfast and community building.</div>
9:00	<div>CONNECT</div> <div>Yoga Yurt, 30 min</div> <div>Begin with breathing exercises, meditation, light stretching and honoring unplugged space.</div>
9:30	<div>GUIDED OPEN GYM</div> <div>Gym, 75 min</div> <div>Practice your fitness home plan and move your body in ways that feel good to you.</div>
10:45	<div>DAILY MOBILITY</div> <div>Gym, 15 min</div> <div>A great practice to take home. Requires minimal to no equipment.</div>
11:00	<div>INDIVIDUAL SESSIONS</div> <div>(Therapy, Fitness, Nutrition), 60 min</div> <div>Engage 1:1 with pillar experts to build skills and develop healthy lifestyles.</div>
12:00	<div>LUNCH</div> <div>Dining Room, 60 min</div>
1:00	<div>TRAUMA REDEFINED</div> <div>Recreation Room, 60 min</div> <div>Most people experience trauma. This class explores the different types of trauma and provides education on how your body, brain, and relationships are affected by trauma. You will also learn practical strategies to re-regulate your stress response and heal from trauma.</div>
2:00	<div>CULINARY DEMO AND KITCHEN TLC</div> <div>Kitchen, 60 min</div> <div>Engage in hands-on kitchen-skill development with Chef Kaedon, learning to navigate the kitchen with confidence and curiosity.</div>
3:00	<div>WATERFALL HIKE</div> <div>Off campus, 60 min</div> <div>Take a stroll down the mountain to our scenic on-site waterfall for movement and relaxation.</div>
4:00	<div>CONQUERING CARDIO</div> <div>Recreation Room, 60 min</div> <div>This class explores effective and efficient strategies for incorporating cardio into your workout routine in order to use your time and energy for the best outcomes!</div>
5:00	<div>DINNER PREP</div> <div>Kitchen, 60 min</div>
6:00	<div>DINNER AND HUDDLE</div> <div>Kitchen, 90 min</div>
7:30	<div>GAME NIGHT</div> <div>Recreation Room, 90 min</div> <div>Come get your game on! Board games, video games, and puzzles available. Competitiveness optional but not required.</div>
9:00	<div>MEDITATION</div> <div>Recreation Room, 15 min</div> <div>Slow down your mind as you begin to close out your day.</div>
9:15	<div>EVENING ROUTINE AND WIND DOWN</div> <div>Personal Space, 45 min</div> <div>Move toward a great night's sleep through journaling, meditation or reading before bed.</div>
10:00	<div>LIGHTS OUT</div>

	TUESDAY	
7:30	MORNING ROUTINE AND RISE AND SHINE Personal Space, 30 min <i>Create a routine for yourself to get each morning started with intention and purpose.</i>	
8:00	BREAKFAST AND HUDDLE Dining Room, 60 min <i>Start your morning with a nutritious breakfast and community building.</i>	
9:00	CONNECT Yoga Yurt, 30 min <i>Begin with breathing exercises, meditation, light stretching and honoring unplugged space.</i>	
9:30	THE BUILD Gym, 75 min <i>Strength training to help you feel strong and confident.</i>	MORNING HIKE at REESE PLACE Off campus (Ryan & Evan), 120 min
10:45	DAILY MOBILITY Gym, 15 min <i>A great practice to take home. Requires minimal to no equipment.</i>	
11:00	INDIVIDUAL SESSIONS (Therapy, Fitness, Nutrition), 60 min <i>Engage 1:1 with pillar experts to build skills and develop healthy lifestyles.</i>	CHARACTER CUSTOMIZATION Rec Room, 60 min <i>Use henna tattoos and body art to express your inner self.</i>
12:00	LUNCH Dining Room, 60 min	
1:00	ART THERAPY Recreation Room, 60 min <i>Come get creative with a guided art activity to process emotions and relationships.</i>	
2:00	YOGA Yoga Yurt, 60 min	
3:00	GROCERY STORE TOUR Off campus, 120 min <i>Take an opportunity to tour our local grocery store with our Registered Dietitian and Chef to familiarize yourself with all things food shopping.</i>	YOGA NIDRA Yoga Yurt, 60 min <i>Yoga Nirda, or yogic sleep, requires minimal to no movement and is typically induced by guided meditation and breathwork.</i>
5:00	DINNER PREP Kitchen, 60 min	
6:00	DINNER AND HUDDLE Kitchen, 90 min	
7:30	SHARING CIRCLE Courtyard, 90 min <i>Engage with the Skyterra community to process your week and goals. Will be hosted around a bonfire weather permitting.</i>	
9:00	MEDITATION Recreation Room, 15 min <i>Slow down your mind as you begin to close out your day.</i>	
9:15	EVENING ROUTINE AND WIND DOWN Personal Space, 45 min <i>Move toward a great night's sleep through journaling, meditation or reading before bed.</i>	
10:00	LIGHTS OUT	

	WEDNESDAY	
7:30	MORNING ROUTINE AND RISE AND SHINE Personal Space, 30 min Create a routine for yourself to get each morning started with intention and purpose.	
8:00	BREAKFAST AND HUDDLE Dining Room, 60 min Start your morning with a nutritious breakfast and community building.	
9:00	CONNECT Yoga Yurt, 30 min Begin with breathing exercises, meditation, light stretching and honoring unplugged space.	
9:30	PARTNER WORKOUT Gym, 75 min Active class with our Fitness Specialist, exploring movement and exercise in a variety of different ways.	PICKLEBALL Skyterra Wellness Outdoor Living Center, 150 min Join us for a few rounds of pickleball! Open to beginners and those looking to further their game, our Pickleball Coach will lead our community through a series of pickleball drills and games.
10:45	DAILY MOBILITY Gym, 15 min A great practice to take home. Requires minimal to no equipment.	
11:00	INDIVIDUAL SESSIONS (Therapy, Fitness, Nutrition), 60 min Engage 1:1 with pillar experts to build skills and develop healthy lifestyles.	
12:00	LUNCH Dining Room, 55 min	
1:00	CAMPUS CULTURE PROCESS GROUP Yoga Yurt, 60 min Connect with other guests and staff to review the current environment and atmosphere on campus.	
2:00	OPEN GYM AND MYOFASCIAL RELEASE Gym, 60 min Explore the gym in ways that allow you to feel your body and engage in transition prep, creating a plan of action for movement as you continue into young adulthood.	
3:00	SMART GOALS Recreation Room, 30 min In this executive functioning course, explore how to set attainable goals and establish timelines for achievement. Practice specific goal-setting with our Clinical Director, discuss potential opportunities or barriers, and gain valuable insight.	
3:30	YOGA Yoga Yurt, 60 min	
4:30	DINNER PREP Kitchen, 90 min	
6:00	DINNER AND HUDDLE Kitchen, 90 min	
7:30	TONIGHT IN SPORTS Rec room, 120 min Come cheer on your favorite team with our community!	
9:00	MEDITATION Recreation Room, 15 min Slow down your mind as you begin to close out your day.	
9:15	EVENING ROUTINE AND WIND DOWN Personal Space, 45 min Move toward a great night's sleep through journaling, meditation or reading before bed.	
10:00	LIGHTS OUT	

	THURSDAY	
7:30	MORNING ROUTINE AND RISE AND SHINE Personal Space, 30 min <i>Create a routine for yourself to get each morning started with intention and purpose.</i>	
8:00	BREAKFAST AND HUDDLE Dining Room, 60 min <i>Start your morning with a nutritious breakfast and community building.</i>	
9:00	CONNECT Yoga Yurt, 30 min <i>Begin with breathing exercises, meditation, light stretching and honoring unplugged space.</i>	
9:30	THE BUILD Gym, 75 min <i>Strength training to help you feel strong and confident.</i>	
10:45	DAILY MOBILITY Gym, 15 min <i>A great practice to take home. Requires minimal to no equipment.</i>	
11:00	INDIVIDUAL SESSIONS (Therapy, Fitness, Nutrition), 60 min <i>Engage 1:1 with pillar experts to build skills and develop healthy lifestyles.</i>	
12:00	LUNCH Dining Room, 55 min	
1:00	NUTRITION MYTHBUSTERS Recreation Room, 60 min <i>Examine common misconceptions and myths around nutrition to improve your understanding of food science and its connection to your overall health.</i>	MINI GOLF Off-Campus, Half-Day Recreation Excursion <i>Test your patience, strategy and community-building in everyone's favorite outdoor game – mini golf. Join us to lean into the hidden side of our Recreation and Adventure pillar, exploring fun and leisure.</i>
2:00	MONEY, BUDGETING AND FINANCIAL FREEDOM Recreation Room, 60 min <i>Gain practical insights for effective budgeting, smart decision-making, and strategies towards long-term financial independence. Take control of your financial well-being for a secure and prosperous future.</i>	
3:00	BODY POSITIVITY AND SELF-COMPASSION Recreation Room, 60 min <i>Explore your journey of self compassion and participate in discussion to help yourself and others continue that life-long journey.</i>	
4:00	BOOK CLUB Recreation Room, 30 min <i>Join us for a thoughtful, lighthearted discussion of our book of the month!</i>	
4:30	DINNER PREP Kitchen, 60 min	
6:00	DINNER AND HUDDLE Kitchen, 90 min	
7:30	INDIE MOVIE NIGHT Recreation Room, 90 min <i>Cinematic excellence, brought to you right downstairs!</i>	
9:00	MEDITATION Recreation Room,, 15 min <i>Slow down your mind as you begin to close out your day.</i>	
9:15	EVENING ROUTINE AND WIND DOWN Personal Space, 45 min <i>Move toward a great night's sleep through journaling, meditation or reading before bed.</i>	
10:00	LIGHTS OUT	

	<div>FRIDAY</div>
7:30	<div>MORNING ROUTINE AND RISE AND SHINE</div> <div>Personal Space, 30 min</div> <div>Create a routine for yourself to get each morning started with intention and purpose.</div>
8:00	<div>BREAKFAST AND HUDDLE</div> <div>Dining Room, 60 min</div> <div>Start your morning with a nutritious breakfast and community building.</div>
9:00	<div>CONNECT</div> <div>Yoga Yurt, 30 min</div> <div>Begin with breathing exercises, meditation, light stretching and honoring unplugged space.</div>
9:30	<div>GUIDED OPEN GYM</div> <div>Gym, 75 min</div> <div>A chance to practice your fitness home plan and move your body in whatever way you want!</div>
10:45	<div>DAILY MOBILITY</div> <div>Gym, 15 min</div> <div>A great practice to take home. Requires minimal to no equipment.</div>
11:00	<div>INDIVIDUAL SESSIONS</div> <div>(Therapy, Fitness, Nutrition), 60 min</div> <div>Engage 1:1 with pillar experts to build skills and develop healthy lifestyles.</div>
12:00	<div>LUNCH</div> <div>Dining Room, 55 min</div>
1:00	<div>WATERFALL WALK AND GRATITUDE PRACTICE</div> <div>Off campus, 60 min</div> <div>Join us for a walk to our waterfall, Loli'ana, which is Hawaiian for change and evolution. Strengthen your connection with nature and community and give thanks. Please bring your journals, water bottles and an extra layer.</div>
2:00	<div>RECIPE REVAMP</div> <div>Kitchen, 60 min</div> <div>Select a recipe with our Registered Dietitian and Chef, then try it out with a healthy twist! Explore new alternatives to classic ingredients and learn how healthy substitutions can advance your nutritional goals and still taste great (we promise!).</div>
3:00	<div>MINDFULNESS AND LETTER WRITING</div> <div>Recreation Room, 60 min</div> <div>Join us for a mindfulness activity to practice stress reduction. Then engage in time to write letters to family, journal, or do some intentional art with the support of a therapist.</div>
4:00	<div>INDIVIDUAL SELF CARE TIME</div> <div>Personal Space, 30 min</div> <div>Individual exploration of what self-care can look like for you</div>
4:30	<div>DINNER PREP AND PLATING 101</div> <div>Kitchen, 60 min</div>
5:30	<div>DINNER AND HUDDLE</div> <div>Kitchen, 120 min</div>
7:30	<div>GAME NIGHT</div> <div>Recreation Room, 90 min</div> <div>Come get your game on! Board games, video games, and puzzles available. Competitiveness optional but not required.</div>
9:00	<div>MEDITATION</div> <div>Recreation Room, 15 min</div> <div>Slow down your mind as you begin to close out your day.</div>
9:15	<div>EVENING ROUTINE AND WIND DOWN</div> <div>Personal Space, 45 min</div> <div>Move toward a great night's sleep through journaling, meditation or reading before bed.</div>
10:00	<div>LIGHTS OUT</div>

	SATURDAY
7:30	MORNING ROUTINE AND RISE AND SHINE Personal Space, 30 min <i>Create a routine for yourself to get each morning started with intention and purpose.</i>
8:00	BREAKFAST AND HUDDLE Dining Room, 60 min <i>Start your morning with a nutritious breakfast and community building.</i>
9:00	CONNECT Yoga Yurt, 30 min <i>Begin with breathing exercises, meditation, light stretching and honoring unplugged space.</i>
9:30	COMMUNITY SPACE DEEP CLEAN Personal and community spaces, 90 min <i>With the support of all guests in the program, take time to organize and freshen up the living and meeting spaces around campus.</i>
10:30	DAVIDSON RIVER WALK TO IN PISGAH NATIONAL FOREST Off campus, 90 min <i>Walk along one of the most famous trout rivers in the country and enjoy an easy and peaceful 1.5-mile walk in the woods.</i>
12:00	LUNCH
1:00	EXPLORE SOMETHING RAD: THE RIVER ARTS DISTRICT IN ASHEVILLE Off campus, Half-Day Recreation Excursion <i>Explore Asheville's funky and artistic River Arts District that includes artist studios, glass-blowing workshops, unique architecture, and local art (including street graffiti), music and coffee shops. Walk along the banks of the French Broad River and learn about conservation efforts to restore and protect this key watershed in western North Carolina. Come open and curious!</i>
5:00	DINNER PREP Kitchen, 60 min
6:00	DINNER AND HUDDLE Kitchen, 90 min
7:30	BONFIRE Courtyard, 90 min <i>Connect with peers while enjoying yourself after a full day in the program.</i>
9:00	MEDITATION Recreation Room, 15 min <i>Slow down your mind as you begin to close out your day.</i>
9:15	EVENING ROUTINE AND WIND DOWN Personal Space, 45 min <i>Move toward a great night's sleep through journaling, meditation or reading before bed.</i>
10:00	LIGHTS OUT

	SUNDAY	
8:30	MORNING ROUTINE AND RISE AND SHINE Personal Space, 30 min <i>Create a routine for yourself to get each morning started with intention and purpose.</i>	
9:00	FAMILY-STYLE BREAKFAST AND GRATITUDE PRACTICE Dining Room, 90 min <i>Nourish your body while connecting with the rest of the community.</i>	
10:30	PERSONAL SPACE DEEP CLEAN Personal and community spaces, 60 min <i>Take time to organize and freshen up your personal living space including your room, belongings, and bathroom, contributing to the overall beauty of campus.</i>	
11:00	WELLNESS REFLECTION AND PLANNING SESSIONS Recreation Room, 30 min <i>Engage in a mindfulness practice reviewing areas of growth around creating healthy habits and preparing for transition.</i>	
12:00	LUNCH AT SKYTERRA WELLNESS Dining Room, 60 min	
1:00	OPEN GYM AT SKYTERRA WELLNESS Skyterra Wellness Strength Room, 90 min <i>Explore our sister gym and its resources with our fitness champ. Try out new techniques, explore your range and be challenged!</i>	OPEN SWIM AND HOT TUB AT SKYTERRA WELLNESS Skyterra Wellness Natatorium, 90 min <i>Take a plunge in the pool or relax in the hot tub.</i>
4:00	INDEPENDENT SELF-CARE AND LETTER WRITING Personal Space, 60 min <i>Individual exploration of what self-care can look like for you, practicing in the moment and learning what works and what doesn't.</i>	
5:00	DINNER PREP Kitchen, 60 min	
6:00	DINNER AND HUDDLE Kitchen, 90 min	
7:30	MOVIE NIGHT Rec Room, 90 min <i>Cinematic excellence, brought to you right downstairs!</i>	
9:00	MEDITATION Recreation Room, 15 min <i>Slow down your mind as you begin to close out your day.</i>	
9:15	EVENING ROUTINE AND WIND DOWN Personal Space, 45 min <i>Move toward a great night's sleep through journaling, meditation or reading before bed.</i>	
10:00	LIGHTS OUT	

Weekly Details

COLOR CODES

- Yellow:** Culinary and Nutrition
- Red:** Fitness and Mobility
- Blue:** Self Care and Stress Management
- Purple:** Mindfulness and Yoga
- Green:** Recreation and Adventure
- Orange:** Independence and Life Skills

INDIVIDUAL SESSION TIMES:

Nutrition: _____

Fitness: _____

Therapy: _____

Family Therapy: _____

LoseSmart: _____

My Skyterra Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am							
7 am							
8 am							
9 am							
10 am							
11 am							
12 pm							
1 pm							
2 pm							
3 pm							
4 pm							
5 pm							
6 pm							
7 pm							
8 pm							
9 pm							
10 pm							
11 pm							
12 am							



My SMART Goals

(Specific, Measurable, Achievable, Realistic, Timely)

Culinary and Nutrition:

Fitness and Mobility:

Self Care and Stress Management:

Mindfulness and Yoga:

Recreation and Adventure:

Independence and Life Skills:

Family Therapy:
