

Adolescent Eating Disorders Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Weigh Labs Meds	Weigh Labs Meds	Weigh Labs Meds	Weigh Labs Meds	Weigh Labs Meds	Weigh Labs Meds	Weigh Labs Meds
7:45	GATHER TOGETHER IN COMMON AREA FOR STAFF TO TAKE YOU TO BREAKFAST						
8:00	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
9:00	Tx Team School / Snack	Rounds School / Snack	Tx Team School / Snack	Tx Team School / Snack	Tx Team School Nutrition Group / Snack	Relaxation	Relaxation
10:00						Goals/Snack	Snack
10:30						Computer Time Snack	Computer Time Snack
11:00	Process Group	Life Skills	Milieu	Process Groups	Process Groups	Yoga	Nursing Group
noon	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
1:00	Goals Group	Process Group	Art Process	Milieu/Goals	Milieu	Arts / Crafts Or visitation	Social Outing
2:00	Transition	Play / Leisure	Transition	Experiential / Narrative	Transition		
2:15	Yoga		Yoga		Yoga		
2:45	Snack	Snack	Snack	Snack			
3:00	Snack	Pt Structured Time	Snack	Pt Structured Time	Pt Structured Time	Snack	Snack
3:30	Pt Structured Time		Pt Structured Time			Visitation	Visitation
4:00	Self-Empowerment / Anxiety	Body Image / Grief (alt)	Body Awareness	Interpersonal Effectiveness	Meditation Skills		
5:00	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
6:00	Creative Expression	News Group	Patient Choice Group	Games Group	Music Group	Games	
7:00	Personal Time / Phone Time	Personal Time / Phone Time	Personal Time / Phone Time	Personal Time / Phone Time	Personal Time / Phone Time	Free Time	Free Time
8:00	Snack / Wrap-Up	Snack / Wrap-Up	Snack / Wrap-Up	Snack / Wrap-Up	Snack / Wrap-Up ck	Snack / Wrap-Up	Snack / Wrap-Up
9:00	Free Time/ Winding Down	Free Time/ Winding Down	Free Time/ Winding Down	Free Time/ Winding Down	Free Time/ Winding Down	Free Time	Free Time
10:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Free Time	Free Time
11:00	Sleeping	Sleeping	Sleeping	Sleeping	Sleeping	Lights Out	Lights Out