

Adult 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 Rounds*	Therapeutic Meal Rounds*	Therapeutic Meal Rounds*	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal
9:00	Community Group 9:00 – 9:45	Community Group	Community Group	Community Group	Community Group 9:00 - 9:45	After Meal Support Group	After Meal Support Group
9:30		Snack	Snack	Snack			09:30 to 11:45 Religious Service
9:45	Snack	Spirituality	Moving Along Gracefully in Recovery	Self Expression	Snack	Pt. Structured Time	
10:00	Yoga**				DBT**	Snack	
11:00	Small Process	Small Process	Small Process	Small Process	Small Process	Pt. Structured Time	Pt. Structured Time
noon	Lunch with small process	Lunch with small process	Lunch with small process	Lunch with small process	Lunch with small process	Lunch	Lunch
1:00	Body Image with small process group	Body Image with small process group	Life Story	Life Story	Art Process	Outing and Snack	Nursing Group
2:00	Rest/Journal/ Yoga*	Rest/Journal	Rest/Journal/ Yoga*	Rest/Journal	Rest/Journal		Pt. Structured Time
2:45	Snacks	Snacks	Snacks	Snacks	Snacks		Snack
3:00	DBT	Anger Management	Sexuality	Nutrition Didactic	Recovery Skills		
4:00	Stress Management	Body Awareness	Relapse Prevention	CBT	Yoga		Yoga Group
5:00	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal	Therapeutic Meal		Therapeutic Meal
6:00	Goals/Daily Assessment	Goals/Daily Assessment	Goals/Daily Assessment	Goals/Daily Assessment	Weekend Goals Group	After Meal Support Group	Weekend Wrap Up
7:00	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
8:00	Snack	Snack	Snack	Snack	Snack	Snack	Snack
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

* @ Health Zone

** 10:15 – 10:45