

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30a	Wake Up / Dress / Vitals	Wake Up / Dress / Vitals	Wake Up / Dress / Vitals	Wake Up / Dress / Vitals	Wake Up / Dress / Vitals		
7:30-8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Wake Up / Dress / Vitals	Wake Up / Dress / Vitals
(8:30-9:30)						Breakfast	Breakfast
8:30-9:15	Journal / Goals	Journal / Goals	Journal / Goals	Journal / Goals	Journal / Goals	Journal / Goals	Journal / Goals
9:30-10:30	Healthy Living	Community Meeting	CBT / DBT	Healthy Living	Healthy Living	Family Education	Body Movement
10:30-10:45	Snack	Snack	Snack	Snack	Snack	Snack	Therapeutic Recational Outing / Snack / Personal Time
10:45-11:15	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	
11:30-12:30	Process Group	Process Group	Medical Education Group	Process Group	Medical Education Group	Family Process Group	
12:30-1:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:30-2:00	Food and Feelings	Food and Feelings	Food and Feelings	Food and Feelings	Food and Feelings	Food and Feelings	Food and Feelings
2:00-2:30	Nutrition Education Group	Body Image	Narrative Group	Body Image	Body Image	Family Therapy or Individual Assignments	Visiting or Free Time
2:30-2:45							
2:45-3:00							
3:00-3:15	Snack	Snack	Snack	Snack	Snack		
3:15-3:30	Individual / Family & Free Time	Individual / Family & Free Time	Individual / Family & Free Time	Individual / Family & Free Time	Personal Time	Snack	Snack
3:30-4:00					Process Group	Chores	Visiting or Free Time
4:00-4:30							
4:30-5:00	DBT	Spirituality Group	Relapse Prevention Group	Nutrition Education Group	Body Movement	Recreational Group	Meditation
5:00-5:30							
5:30-6:30	Dinner	Dinner	Dinner	Dinner / Restraunt Outing	Dinner	Dinner	Dinner
6:30-7:00	Food and Feelings	Food and Feelings	Food and Feelings		Food and Feelings	Food and Feelings	Food and Feelings
7:30-7:45	Creative Expression	Community Outing / Snack	Yoga / Pilates	Creative Expression	Video Night	Mindfulness and Goal Group	Game Night
7:45-8:30							
8:30-8:45							
8:45-9:00	Snack		Snack	Snack	Snack	Snack	Snack
9:00-9:15	Personal Time / Chores	Personal Time / Chores	Personal Time / Chores	Personal Time / Chores	Personal Time / Chores	Personal Time / Chores	Personal Time / Chores
9:15-9:30							
9:30-10:30							
10:30-6:50a	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

\* Schedule subject to change based on program and individual needs

\*\* Schedule will be adjusted to reasonably accommodate needs of diverse faith practices

♦ Resident appropriateness for this activity determined by physician in collaboration with clinical team.

× Family/Individual Sessions may be scheduled at these times. Individual Sessions may be with Therapist, MD, Nurse, Dietitian, or other provider.

Therapy Groups	Meal/Snack Time	Activity/Outing
Healthy Living / Body Movement	Personal Time / Chores /	Community Meeting