



*Dinner and Meetings Are Mandatory unless you have signed approval from Treatment Team

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	Wake-Up	Wake-Up	Wake-Up	Wake-Up	Wake-Up		
7:45am	Meditation Group	Meditation Group	Meditation Group	Meditation Group	Meditation Group		
8:05am	Breakfast Group and clean up	Breakfast Group and clean up	Breakfast Group and clean up	Breakfast Group and clean up	Breakfast Group and clean up	Wake-Up	Wake-Up
8:45	To the Office	To the Office	To the Office	To the Office	To the Office		
9:00am	Individual Appointments	Individual Appointments	Individual Appointments	Individual Appointments	Individual Appointments	Breakfast	Breakfast
10:45am	Group Therapy	Nutrition Group	12-Step Study	Psychoeducation Group	ED Relapse Prevention	Family Group 10:30-Noon	Meditation Group
11:45am	Break	Break	Break	Break	Break	↓	Family Group 11:30-1PM
12:00am	Lunch (Order Out)	Lunch (Bring from home)	Lunch (Bring from home)	Mindful Eating (Family Style)	Lunch Outing	Lunch at Rebecca's House	↓
12:30pm	Meditation And Guided Imagery	Meditation And Guided Imagery	Meditation And Guided Imagery	Meditation And Guided Imagery	Equine Therapy	Life Skills Training	↓
1:00pm	Step Group	Journaling Group	Timeline Group	Body Image and Exercise Group	↓	↓	Free Time/ Visiting 1pm-5pm
2:15	Break	Break	Break	Break		Group Activity	↓
2:30pm	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Equine Therapy Process Group	↓	↓
4:00pm	Free Time	Free Time	Free Time	Free Time	Free Time		
5:00pm	Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep.	↓
5:30pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner Prep/ Dinner
6:00pm	Clean-Up	Clean-Up	Clean-Up	Clean-Up	Clean-Up	Clean-Up	Clean-Up
7:00pm	OA 12 Step Meeting	AA 12 Step Meeting	AA 12 Step Meeting	OA 12 Step Meeting	AA 12 Step Meeting	Free Time	ABA @ House 7:00pm
8:00pm	↓	↓	↓	↓	↓	12 Step Meeting	↓
8:30pm						↓	
9:00pm	Relaxation Time						Relaxation Time
10:00pm	Curfew	Curfew	Curfew	Curfew	Relaxation Time		Curfew
11:00pm	Lights Out	Lights Out	Lights Out	Lights Out	Curfew	Curfew	Lights Out
12:00am					Lights Out	Lights Out	