

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
7:00 AM	Self Care	Self Care	Self Care	Self Care	Self Care	Self Care	Self Care
7:30 AM	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
8:00 AM	Yoga 8:15-9:15 ↓	Outpatient Program Leave @ 8:15	Outpatient Program Leave @ 8:15	Yoga 8:15-9:15 ↓	Outpatient Program Leave @ 8:15	Leave for OA meeting @ 8:30	Breakfast 8:00 AM
8:30 AM		Goals Group	Dietitian Apts.		ED 101 Group	OA Meeting 9:00-10:30 ↓	
9:30 AM	Outpatient Program Leave @ 9:30	Individual Therapy Apts &	Transitions/Relapse Prevention	Outpatient Program Leave @ 9:30	Individual Therapy Apts		Church (optional) or Free Time ↓
10:00 AM	Community Meeting 10:00 - 10:30 ↓	Expressive Art Therapy		DBT Group 10:00 - 11:00 ↓	Body Image/ Authentic Self Group ↓		
	Group Therapy						
11:00 AM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
	10:30 ↓ 12pm			Group Therapy 11:15 - 12:45 ↓		Beachwalk	Creative Process
12:00 PM	Exercise				Exercise		
12:30 PM			Free Time				
1:00 PM	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep	Lunch Prep
1:30 PM	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
2:00 PM							
2:30 PM	Meal Planning						
3:00 PM	Grocery Shopping	Chores	Dance Therapy	Exercise	Grocery Shopping	Chores	Fun Activity-Visiting Hours 3-6
3:30 PM							
4:00 PM	Snack	Snack	Snack	Snack	Snack	Snack	Snack
4:30 PM	Free Time		Starbucks	Free Time	Free Time		
5:00 PM							
5:30 PM	Dinner Prep	Dinner Prep	Dinner Prep	Dinner Prep	ANAD ↓		
6:00 PM	Dinner	Dinner	Dinner	Dinner		Dinner Prep	Dinner Prep
6:30 PM						Dinner	Dinner
7:00 PM		Weekend Planning	Free Time	Free Time	Dinner	Free Time	Free Time
7:30 PM	AA Meeting		EDA Meeting		Free Time		
8:00 PM				Target/Wal-Mart			
8:30 PM	Snack	Snack			Snack	Snack	Snack
9:00 PM	Free Time	Free Time	Snack		Free Time	Free Time	Free Time
9:30 PM							
10:00 PM							

Please note that this is a SAMPLE and the schedule may change at any time.

Exercise times are for those who are cleared to do so.

