

|       | Monday                            | Tuesday                                | Wednesday  | Thursday                             | Friday                                      | Saturday                           | Sunday                             |   |
|-------|-----------------------------------|--|--|--------------------------------------|---|------------------------------------|------------------------------------|---|
| 7:00  | Breakfast Prep                    | Breakfast Prep                         | Breakfast Prep   | Breakfast Prep                       | Breakfast Prep                              | Breakfast Prep                     |                                    | 7:30                                      |
| 7:30  | Breakfast                         | Breakfast                              | Breakfast  | Breakfast                            | Breakfast                                   | Breakfast                          |                                    | 7:30                                      |
| 8:00  | 8:30-9:30<br>Yoga                 | 8:20 Leave to Office                   | 8:20 Leave to Office                                       | 8:15-9:15<br>Yoga                    | 8:20 Leave to Office                        |                                    | Breakfast Prep                     | 8:00                                      |
| 8:30  |                                   | 8:30-9:30<br>Goals                     | 8:30 - 10:30<br>DBT Group                                  |                                      | 8:30-9:30<br>Spirituality                   | 8:45 Leave for Office              | Breakfast                          | 8:30                                      |
| 9:00  |                                   | 9:30-11<br>Family Dynamics             |  |                                      | 9:30-10:30<br>Assertiveness & Communication | 9-10:30am<br>Group Therapy Process | 9:15 Leave for Church              |   |
| 9:30  | 9:45 Leave for Outpatient Program |  | 9:30 - 10:30<br>Relapse Prevention                         | 9:30 Church or 12 Step Meeting       | 9:30  |                                    |                                    |   |
| 10:00 | Individual Therapy & Dietitian    | 11-12 ED 101                           | 10:30-12 P<br>Body Image                                   | 10-11<br>Self-Realization            | 10:30-11:30<br>Snack                        | Snack                              |                                    | 10:00                                     |
| 10:30 | 10:30-12<br>Creative Process      |  | 10:30-12 P<br>Body Image                                   | 11:00-12:30<br>Group Therapy Process | 10:30-11:30<br>Self-Realization             | Snack                              | 10:45-12:00<br>Mind Body Awareness | 11:30-5:30<br>Free Time / Approved Passes |
| 11:00 |                                   | 11:00-12:30<br>Group Therapy Process   |  |                                      |   |                                    |                                    |   |
| 11:30 |                                   | Individual Therapy Apts                | Individual Dietitian Apts                                  |                                      |   |                                    |                                    |   |
| 12:00 |                                   |  |  |                                      |   |                                    |                                    | 12:00                                     |
| 12:30 |                                   |  |  |                                      |   |                                    |                                    | 12:30                                     |
| 1:00  | Lunch Prep                        | Lunch Prep                             | Lunch Prep   | Lunch Prep                           | Lunch Prep                                  | Lunch Prep                         | Lunch Prep                         | 1:00                                      |
| 1:30  | Lunch                             | Lunch                                  | Lunch  | Lunch                                | Lunch                                       | Lunch                              | Lunch                              | 1:30                                      |
| 2:00  |                                   |  |  |                                      |   |                                    |                                    | 2:00                                      |
| 2:30  | 2:30-4 PM<br>Grocery Shopping     | 2:30 - 3:30<br>Chores                  | 3:00 - 4:00<br>Dance Therapy every other week or Free Time | 2:30-4<br>Expressive Arts            | 2:30-4 PM<br>Grocery Shopping               | 3:00-5 PM<br>Fun Activity          | 2:30- 3:00<br>Beach Walk           | 2:30                                      |
| 3:00  |                                   | 4:15 Snack @ Starbucks                 | Snack  |                                      |   |                                    |                                    | Snack                                     |
| 3:30  |                                   | 3:30 - 4:30<br>Every other week Target | Dinner Prep  | Free Time                            | Walk at Bay                                 |                                    | 3:30                               |   |
| 4:00  |                                   |  |  |                                      |   |                                    | 4:00                               |   |
| 4:30  |                                   |  |  |                                      |   |                                    |                                    | 4:30                                      |
| 5:00  |                                   |  |  |                                      |   |                                    |                                    | 5:00                                      |
| 5:30  | Dinner Prep                       |  | Dinner   |                                      | Dinner Prep                                 |                                    |                                    | 5:30                                      |
| 6:00  | Dinner                            | Dinner Prep                            | 6:30 Leave   | Dinner Prep                          | Dinner Prep                                 | Dinner Prep                        | Dinner Prep                        | 6:00                                      |
| 6:30  |                                   | Dinner                                 | 6:30-7:30<br>Eating Disorder Support Group                 | Dinner                               | Dinner                                      | Dinner                             | Dinner                             | 6:30                                      |
| 7:00  | 7-8 PM AA<br>Mtg                  | Walk at Bay                            |  | 7:30 Eating Disorder                 |   |                                    | Movie                              | 7:00                                      |
| 7:30  |                                   |  |  |                                      | Support Group                               | 7:50 Leave                         |                                    |   |
| 8:00  |                                   |  |  |                                      |   | 8-8:30pm AA Bonfire                |                                    |   |
| 8:30  | Snack                             | Snack                                  | Snack  | Snack                                | Snack                                       |                                    |                                    | 8:30                                      |
| 9:00  |                                   |  |  |                                      |   | Snack                              | Snack                              | 9:00                                      |
| 9:30  | Free Time                         | Free Time                              | Free Time  | Free Time                            | Free Time                                   | Free Time                          | Free Time                          | 9:30                                      |
| 10:00 |                                   |  |  |                                      |   |                                    |                                    |   |
| 10:30 |                                   |  |  |                                      |   |                                    |                                    | 10:30                                     |
| 11:00 |                                   |  |  |                                      |   |                                    |                                    | 11:00                                     |

SCHEDULES MAY CHANGE AT ANY TIME

