

## Adult Inpatient: Sample Daily Schedule

This is a sample schedule and is subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00 - 8:00 am	Wake up / shower time; weights and vitals Medication, bloodwork Monday and Thursday				
8:00 - 8:45 am	Breakfast				
9:00 - 9:30 am	Goals Group				
9:30 - 9:55 am	Fresh Air				
10:00 - 10:20 am	Snack				
10:30 - 11:15 am	Art Therapy	Relapse Prevention	The Art of Coping	Expressive Therapy	Biofeedback
11:15 - 11:30 am	Break				
11:30 am - 12:15 pm	Menu Group	Pet Therapy	Community Meeting	Special Guest: Cheryl Kerrigan	Garden Group
12:15 pm - 12:30 pm	Break				
12:30 - 1:15 pm	Lunch				
2:15 - 2:45 pm	Break				
2:45 - 3:30 pm	Processing	Business Group	Processing	Nutrition	Processing
3:30 - 3:50 pm	Snack				
4:30 - 5:15 pm	Biofeedback	Yoga	Self Compassion	Yoga	Weekend Planning
5:30 - 6:15 pm	Dinner				
7:00 - 10:00 pm	Leisure and Tech Time (6 pm for BSBF)				
7:15 - 7:30 pm	Community Wrap Up				
7:30 - 8:00 pm	Fresh Air				
8:00 - 8:20 pm	Snack				
9:15 - 10:00 pm	Bed Time Routine; Medication				
11:00 pm	Lights Out				