

# Adult Residential: Sample Daily Schedule

This is a sample schedule and is subject to change.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 7:30 am	Wake up/shower time; Monday, Wednesday + Friday: weights + vitals						
7:30 - 8:00 am	GOALS Group; Bloodwork on Tuesday						
7:45 - 8:00 am	Medication Time						
8:00 - 8:15 am	Fresh Air						
8:15 - 9:45 am	Breakfast (Wave 1: 8:15 - 8:45 am / Wave 2: 8:45 - 9:30 am)						
9:45 - 10:30 am	Nutrition Application	ED Education Physical and Medical Consequences	Community Meeting	Process Group	CBT Body Image: Perfectionism	Self-Help: House of DBT	Self-Care: Poetry
10:30 - 11:15 am	Morning Snack (Wave 1: 10:30 - 10:50 am / Wave 2: 10:35 - 10:55 am)						
11:15 - 11:30 am	Fresh Air / Gardening						
11:30 am - 12:15 pm	Weekend Review and Weekly EDEQs	Identity Group	Yoga * Yellow Group	Family Issues	DBT: Distress Tolerance	Finding Your Voice Through Creativity	Finding Your Voice Through Creativity
12:15 - 12:30 pm	Medication Time						
12:30 - 2:00 pm	Lunch (Wave 1: 12:30 - 1:05 pm / Wave 2: 1:00 - 1:45 pm)						
2:00 - 2:15 pm	Fresh Air						
2:15 - 3:00 pm	Yoga / Garden Group	Expressive Therapy / Yoga	Biofeedback / Movement Group	Writing for Recovery / *Yellow Group Yoga	Garden Group / Expressive Therapy	Additional Tech Time	Additional Tech Time / Spirituality Group
3:00 - 3:30 pm	Leisure and Chores Time						
3:30 - 4:15 pm	Afternoon Snack (Wave 1: 3:30 - 3:50 pm / Wave 2: 3:35 - 3:55 pm)						
4:15 - 4:30 pm	Monitored Walk						
4:30 - 5:15 pm	DBT	CBT Self-Esteem / *Yellow Group	Relapse Prevention	DBT: Mindfulness	Weekend Planning and DBT Skills Review	Walden Coffee House Poetry Slam	Game Night: Charades
5:15 - 5:30 pm	Medication, Leisure and Chores Time						
5:30 - 6:45 pm	Dinner (Wave 1: 5:30 - 6:05 pm / Wave 2: 6:00 - 6:45 pm)						
6:45 - 7:00 pm	Fresh Air						
7:00 - 8:30 pm	Resident Group Activities, Leisure and Tech Time (7:00 - 10:30 pm)						
8:30 - 9:00 pm	Evening Snack (Wave 1: 8:30 - 8:50 pm / Wave 2: 8:35 - 8:55 pm)						
9:00 - 9:30 pm	Medication Time						
9:30 - 10:00 pm	Wrap Up Group						
10:15 - 10:30 pm	Fresh Air						
10:30 - 11:00 pm	Put cell phones away, Resident Quiet Time, Tea Time						
11:00 pm	Bed Time						