

**Cambridge Eating Disorder Center (CEDC)  
Floor 4 Residential Program Schedule**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00-8:30AM	Morning Hygiene/ Vitals and Weight	Morning Hygiene/ Vitals and Weight	Morning Hygiene/ Vitals and Weight	Morning Hygiene/ Vitals and Weight	Morning Hygiene/ Vitals and Weight	Morning Hygiene/ Vitals and Weight	Morning Hygiene/ Vitals and Weight
8:30-9:00	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00-9:15	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
9:30-10:30	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC
10:30-11:00	Snack/Meds	Snack/Meds	Snack/Meds	Snack/Meds	Snack/Meds	Snack/Meds	Snack/Meds
11:15-12:15PM	DBT Interpersonal Effectiveness Pam	Bibliotherapy Whitney	Identity Exploration Pam	DBT Distress Tolerance Alyssa	Community Meeting Alyssa/Folly/Pam	Coping Skills RC	Coping Skills RC
12:30-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:15	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
1:30-2:15	Psychotherapy Folly	DBT Mindfulness Pam	Psychotherapy Folly	Expressive Therapy Folly	Healthy Anger Pam	Visiting Hours	Visiting Hours
2:15-3:00	Family Issues Mark	Health & Wellness Liz	Media Literacy Rachel	Nutrition Kellie	Body Image Whitney		
3:15-3:45	Snack/Meds	Snack/Meds	Snack/Meds	Snack/Meds	Snack/Meds	Snack/Meds	Snack/Meds
3:45-4:30	Nutrition Hillary	CBT Elizabeth	DBT Emotion Regulation Anna	CBT Elizabeth	Addictions Mark	Long Group Outing	Yoga Justine
4:30-5:00	*Cooking for Fun Bri (every other week)	Group Outing	Group Outing	Group Outing	Group Outing		Free Time
5:15-6:00	Group Outing/ Free Time	Free Time	Free Time	Free Time	Free Time		
6:00-6:45	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:45-7:00	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
7:00-9:00	Visiting Hours/ Personal Time	Visiting Hours/ Personal Time	Visiting Hours/ Personal Time	Visiting Hours/ Personal Time	Visiting Hours/ Personal Time	Visiting Hours/ Personal Time	Visiting Hours/ Personal Time
9:00-9:30	Snack	Snack	Snack	Snack	Snack	Snack	Snack
9:30-10:00	Wrap-up RC	Wrap-up RC	Wrap-up RC	Wrap-up RC	Wrap-up RC	Wrap-up RC	Wrap-up RC
10:00-11:00	Free Time/Meds	Free Time/Meds	Free Time/Meds	Free Time/Meds	Free Time/Meds	Free Time/Med	Free Time/Med
11:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime