

**Cambridge Eating Disorder Center (CEDC)
Floor 3 Residential Program Schedule**

	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
9:00-9:10	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
9:30-10:00	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC
10:00-10:15	Tech Time (earned)	Tech Time (earned)	Tech Time (earned)	Tech Time (earned)	Tech Time (earned)	Tech Time (earned)	Tech Time (earned)
10:30-10:45	Snack	Snack	Snack	Snack	Snack	Snack	Snack
11:00-11:15	Vitals Rechecks	Vitals Rechecks	Vitals Rechecks	Vitals Rechecks	Vitals Rechecks	Vitals Rechecks	Vitals Rechecks
11:15-12:00	Group	Group	Yoga	Group	Group	Yoga	Coping Skills RC
12:00-12:20PM	Group Outing	Group Outing	Group Outing	Group Outing	Group Outing	Group Outing	Group Outing
12:30-1:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1:00-1:10	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
1:15-1:30	Clean-up Time!	Clean-up Time!	Clean-up Time!	Clean-up Time!	Clean-up Time!	Clean-up Time!	Clean-up Time!
1:30-2:15	Group	Group	Group	Group	Group	Tea Time	Tea Time
2:15-3:00	Group	Group	Group	Group	Group	Balcony Time (earned)	Tech Time (earned)
3:15-3:30	Snack	Snack	Snack	Snack	Snack	Snack	Snack
3:45-5:45	Academic Support	Academic Support	Academic Support	Academic Support	Academic Support	Coping Skills - RC 3:45-4:30 Free Time	Coping Skills – RC 3:45-4:30 Free Time
6:00-6:35	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:35-6:45	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
6:45-7:00	Clean-up Time!	Clean-up Time!	Clean-up Time!	Clean-up Time!	Clean-up Time!	Clean-up Time!	Clean-up Time!
7:00-8:00	Tech Time	Tech Time	Tech Time	Tech Time	Tech Time	Tech Time	Tech Time
8:00-9:00	Free Time	Free Time	Free Time	Free Time	Tech Time (earned) 8:00-8:30 Free Time	Free Time	Free Time
9:00-9:15	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/Meds	Free Time/Meds
11:00	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime

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