

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

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>7:00-8:30AM</b>	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
<b>8:30-9:00</b>	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<b>9:00-9:10</b>	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
<b>9:30-10:15</b>	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC	Goal Setting RC
<b>10:30-10:45</b>	Snack	Snack	Snack	Snack	Snack	Snack	Snack
<b>11:15-12:00</b>	Group	Group	Yoga	Group	Group	Yoga	Coping Skills RC
<b>12:30-1:00</b>	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
<b>1:00-1:10</b>	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
<b>1:30-2:15</b>	Group	Group	Group	Group	Group	Tea Time	Tea Time
<b>2:15-3:00</b>	Group	Group	Group	Group	Group	Personal Time	Personal Time
<b>3:15-3:30</b>	Snack	Snack	Snack	Snack	Snack	Snack	Snack
<b>3:45-4:30</b>	Group	Group	Group	Group	Group	Coping Skills RC	Coping Skills RC
<b>5:00-5:30</b>	Group Outing	Group Outing	Group Outing	Group Outing	Group Outing	Group Outing	Group Outing
<b>6:00-6:35</b>	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
<b>6:35-6:45</b>	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring	Mood Monitoring
<b>7:00-9:00</b>	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time	Personal Time
<b>9:00-9:15</b>	Snack	Snack	Snack	Snack	Snack	Snack	Snack
<b>9:30-10:15</b>	Wrap-up RC	Wrap-up RC	Wrap-up RC	Wrap-up RC	Wrap-up RC	Wrap-up RC	Wrap-up RC
<b>10:15-11:00</b>	Personal Time/Meds	Personal Time/Meds	Personal Time/Meds	Personal Time/Meds	Personal Time/Meds	Personal Time/Meds	Personal Time/Meds
<b>11:00</b>	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime	Bedtime