

**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 |
| 9:00-9:15 | 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 Emotion Regulation Rachel | Expressive Therapy Folly | Psychotherapy Alyssa | Relationship Issues Whitney | DBT Interpersonal Effectiveness Rachel | Yoga/Relaxation 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 Alyssa | Community Meeting RC/Whitney | Self Esteem Elizabeth | Media Literacy Rachel | Health & Wellness Liz | Visiting Hours | Visiting Hours |
| 2:15-3:00 | Nutrition Hillary | Healthy Anger Anna | Nutrition Kellie | Meditation Justine | Assertiveness Jessica C. | | |
| 3:15-3:45 | Snack/Meds | Snack/Meds | Snack/Meds | Snack/Meds | Snack/Meds | Snack/Meds | Snack/Meds |
| 3:45-4:30 | CBT Anna | DBT Mindfulness Lucia | DBT Distress Tolerance Rachel | Body Image Anna | Expressive Therapy RC | Coping Skills | Long Group Outing |
| 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/Academic Time | Free Time/Academic Time | Free Time/Academic Time | Free Time/Academic 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 |