

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday [1]	Sunday [2]
8:00-9:15	Breakfast	Breakfast [3]	Breakfast [4]	Breakfast [5]	Breakfast [6]	Breakfast	Breakfast
9:15-10:15	Yoga [7]	Body Balance [8]	Yoga [9]	Gym	Yoga [10]	Relapse Prevention	Stretch
10:15-10:30	Snack [11]	Snack [12]	Snack	Snack [13]	Snack [14]	Snack	Snack
10:30-11:30	Community Intention [15]	Body Image [16]	Grocery Store [17]	Education [18]	DBT [19]	Outing	Equine Therapy or outing
11:30-12:30	Group/Assignments [20]	DBT [21]	Grocery Store [22]	Culinary [23]	DBT	Outing	
12:30-1:30	Lunch [24]	Lunch	Lunch [25]	Lunch [26]	Lunch [27]	Lunch	Lunch
1:30-2:30	Self care/Chores	Self care/Chores	Chores	Massage/Trager	Chores	Chores	Chores
2:30-3:30	Menu Planning [28]	Library [29]	Group Process [30]	Massage/Trager			
3:30- 4:00	Snack [31]	Snack [32]	Snack	Snack [33]	Snack [34]	Snack	Snack
4:00-5:30	Art Therapy [35]	Culinary [36]	DBT [37]	Massage/Trager+ Process	Free time	Outing	Alumni Group or outing
5:30-7:00	Dinner [38]	Dinner [39]	Dinner [40]	Dinner [41]	Dinner [42]	Go out to Dinner	Dinner
7:00-9:00	Womens Group [43]	House Meeting [44]	Game Night [45]	Review Assignments [46]	Cinema	Free time	Free time
	Nutrition Session scheduled during program hours	1st Individual Session will be scheduled during program hours		Second Individual Session scheduled during program hours	EMDR Individual Session scheduled during program hours		