

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Wake Up	Wake Up	Wake Up	Wake Up	Wake Up		
7:00 AM	Breakfast	Breakfast	Breakfast	Hygiene	Breakfast		
7:30 AM	Gym Time (Healthy Coping Skills)	Fitness (Healthy Coping Skills)	Gym Time (Healthy Coping Skills)	Breakfast	Fitness (Healthy Coping Skills)	Wake Up	Wake Up
8:00 AM				DBT Diary Cards / AM Meds		Hygiene	Breakfast
8:30 AM	Hygiene	Hygiene	Hygiene	Equine Therapy	Hygiene	Breakfast	DBT Diary Cards / AM Meds
9:00 AM					Breakfast		Mindfulness Hike (Healthy Coping Skills)
9:30 AM	DBT Diary Cards / AM Meds	DBT Diary Cards / AM Meds	DBT Diary Cards / AM Meds		DBT Diary Cards / AM Meds	DBT Diary Cards / AM Meds	
10:00 AM	Seven Challenges	Life Skills	Healthy Relationships		CBT	Communication	
10:30 AM							House Chores / Van Wash
11:00 AM	Self-Esteem	Seeking Safety	Relapse Prevention	Hygiene	Cooking Lab (Life Skills)	Drama (Healthy Coping Skills)	Hygiene
11:30 AM							
12:00 PM	Lunch / Chores	Lunch / Chores	Lunch / Chores	Lunch / Chores	Lunch / Chores	Lunch / Chores	Lunch / Chores
12:30 PM							
1:00 PM	DBT: Core Mindfulness	DBT: Interpersonal Effectiveness	DBT: Emotion Regulation	DBT: Distress Tolerance	Education / Treatment Assignments	Client-Led Group	Skills Application
1:30 PM				Treatment Progress			
2:00 PM	Education / Treatment Assignments	Education / Treatment Assignments	Education / Treatment Assignments	Education / Treatment Assignments		Supervised Community Outing (Skills Application & Exposure)	Supervised Family Visitation (Skills Application & Exposure)
2:30 PM				RecreationTime			
3:00 PM				Therapeutic Knitting			
3:30 PM	RecreationTime	RecreationTime	RecreationTime				
4:00 PM							
4:30 PM	Art Therapy (Healthy Coping Skills)	Music Therapy (Healthy Coping Skills)	Behavioral Activation	RecreationTime	Coping Ahead	RecreationTime	RecreationTime
5:00 PM							
5:30 PM							
6:00 PM	Dinner / Chores	Dinner / Chores	Dinner / Chores	Dinner / Chores	Dinner / Chores	Dinner / Chores	Dinner / Chores
6:30 PM							
7:00 PM	12-Step Meeting	Ted Talks	Yoga	12-Step meeting	Accumulating Positives: Therapeutic Games	Accumulating Positives: Movie Night	Creative Writing
7:30 PM							
8:00 PM	PM Meds / Snack	PM Meds / Snack	PM Meds / Snack	PM Meds / Snack			
8:30 PM	Hygiene	Hygiene	Hygiene	Hygiene	PM Meds / Snack	PM Meds / Snack	PM Meds / Snack
9:00 PM					Hygiene	Hygiene	Hygiene
9:30 PM	Lights Out	Lights Out	Lights Out	Lights Out			
10:00 PM					Lights Out	Lights Out	Lights Out