



Eating Disorders Intensive Outpatient Program (ED-IOP)

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8:00AM - 8:45AM	Breakfast 8:00AM - 8:30AM	Breakfast 8:00AM - 8:45AM	Breakfast 8:00AM - 8:30AM	Breakfast 8:00AM - 8:45AM
Mindfulness 8:45AM - 9:00AM	Mindfulness 8:30AM - 8:45AM	Mindfulness 8:45AM - 9:00AM	Mindfulness 8:30AM - 8:45AM	Mindfulness 8:45AM - 9:00AM
Target Group 9:00AM - 9:45AM	Target Group 8:45AM - 9:30AM	Target Group 9:00AM - 9:45AM	Target Group 8:45AM - 9:30AM	Target Group 9:00AM - 9:45AM
Break 9:45AM - 10:00AM	Break 9:30AM - 9:45AM	Break 9:45AM - 10:00AM	Break 9:30AM - 9:45AM	Break 9:45AM - 10:00AM
Nutrition Group 10:00AM - 11:00AM	Skills Group 9:45AM - 11:15AM	Behavior Chain Group 10:00AM - 11:00AM	Skills Group 9:45AM - 11:15AM	Skills Acquisition Group 10:00AM - 11:00AM
Lunch 11:00AM - 12:00PM	Lunch 11:15AM - 12:00PM	Lunch 11:00AM - 12:00PM	Lunch 11:15AM - 12:00PM	Lunch 11:00AM - 12:00PM