

EATING DISORDER UNIT

Example inpatient timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:30-09:00	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
09:00-09:30	Supervision	Supervision	Supervision	Weekly menu distributed	Supervision	Supervision	Supervision
09:30-10:15	Weekend review and goal-setting	MANTRA	Ward round	Ward round until 12:30	Process group	Meditation	Gentle yoga (if eligible)
			Leisure time	Self-directed meal planning			
10:15-10:30	Leisure time	Leisure time		Leisure time	Social snack	Leisure time	Leisure time
10:30-11:00	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	(if eligible)	Snack and supervision	Snack and supervision
11:00-12:00	OT skills	1:1 therapy or Self-directed time	Creative writing	Meal planning	Body image	Leisure time	Leisure time
12:00-12:30	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time		
12:30-13:15	LUNCH	Social lunch (if eligible)	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
13:15-13:45	Supervision community meeting	Supervision	Supervision	Community feedback and post meal reflection	Supervision	Supervision	Supervision
13:45-14:45	Process group	Nutrition group	DBT skills	Dramatherapy	1:1 therapy or Self-directed time	Leisure time	Leisure time
14:45-15:00	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time		
15:00-15:30	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision	Snack and supervision
15:30-16:30	Shop and cook (if eligible)	OT rolling group	Dietitian drop-in clinic or Self-directed time	Art therapy	СВТ-Е	Leisure time	Leisure time
	1:1 therapy or Self-directed time						
16:30-17:30	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time		
17:30-18:15	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
18:15-19:00	Supervision	Supervision	Supervision	Supervision	Supervision	Supervision	Supervision
19:00-21:30	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time	Leisure time
21:30-22:00	Snack and mini-group	Snack and mini-group	Snack and mini-group	Snack and mini-group	Snack and mini-group	Snack and mini-group	Snack and mini-group