



3525 Monterey Drive
St. Louis Park, MN 55416
952-993-6200

www.parknicollet.com/eatingdisorders

Sample Day in Intensive Residential

6:00 am Wake up / Shower / Get ready for the day

7:15 am Breakfast (30 minutes)

8:00 am Adult Strategy Group

9:20 am Medical Doctor Appointment

10:00 am Morning Snack (15 minutes)

10:30 am Meal Planning

11:00 am Classic Stretch (PT)

12:00 pm Lunch (30 minutes)

1:00 pm DBT Group

2:00 pm Exercise & Eating Disorder Group

3:00 pm Therapeutic Arts Group
3:15 pm Afternoon Snack during group (15 minutes)

4:00 pm Occupational Therapy Core Group

5:15 pm Dinner (30 minutes)

6:00-8:00 pm Visiting Hours

8:00 pm Evening Snack (15 minutes)

10:00 pm Bedtime