

Day:

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	AM Openers Classroom 1	AM Openers Classroom 1	AM Openers Classroom 1	AM Openers Classroom 1	AM Openers Classroom 1
8:30 AM	Group Stretch Gym	Group Stretch Gym	Group Stretch Gym	Group Stretch Gym	Group Stretch Gym
9:00 AM	Group Therapy: Sensitization Classroom 1	Group Therapy: PRC Concepts Classroom 1	Group Therapy: CBT/Behavior Classroom 1	Group Therapy: Stress 1 Major/Minor Classroom 1	Group Therapy: Sleep 1/Stages Classroom 1
10:00 AM	Cardio Gym Nurse Appointments	Cardio Gym Nurse Appointments	Cardio Gym Nurse Appointments	Cardio Gym Nurse Appointments	Cardio Gym Nurse Appointments
11:00 AM	PT (Group A) Gym OT (Group B) Cleaning, Laundry, Child Care Classroom 1	OT (Group A) Moderation/Modification Classroom 1 PT (Group B) Gym	PT (Group A) Gym OT (Group B) Time Management Classroom 1	OT (Group A) Cognitive Strategies Classroom 1 PT (Group B) Gym	PT (Group A) Gym OT (Group B) Weekend Planning Classroom 1
12:00 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM	Group Therapy: Problem Solving Classroom 1	Group Therapy: Behavior Change & Maintaining Lifestyle Changes Classroom 1	Group Therapy: Anxiety Classroom 1	Group Therapy: Ph.D Hour Classroom 1	Group Therapy: Family Group Classroom 1
2:00 PM	Group Therapy: Nutrition I Classroom 1	Group Therapy: CBT: Basic Principles Classroom 1	Group Therapy: Goal Setting Habits/Behaviors Classroom 1	Group Therapy: Distraction & Difficult Day Classroom 1	Group Therapy: Difficult Day Planning Classroom 1
3:00 PM	OT (Group A) Classroom 1 PT (Group B) Gym	PT (Group A) Gym OT (Group B) Classroom 1	OT (Group A) Classroom 1 PT (Group B) Gym	PT (Group A) Gym OT (Group B) Classroom 1	OT (Group A) Classroom 1 PT (Group B) Gym
4:00 PM	Group Therapy: Distraction Methods and Closers Classroom 1	Group Therapy: Distraction Methods and Closers Classroom 1	Group Therapy: Distraction Methods and Closers Classroom 1	Group Therapy: Distraction Methods and Closers Classroom 1	Group Therapy: Distraction Methods and Closers Classroom 1
5:00 PM	Dismiss Doors Lock at 5pm	Dismiss Doors Lock at 5pm	Dismiss Doors Lock at 5pm	Dismiss Doors Lock at 5pm	Dismiss Doors Lock at 5pm

Updated 12/12/14

Team 1 Week 1