

"I LEARNED TO
DANCE WITH
THE FEAR THAT
I'D BEEN
RUNNING
FROM."
-BEN RECTOR



Experience Freedom from Food Obsession with Page



Movement Add Ons

- BIKING
- HIKING
- FISHING
- WALKING
- TENNIS
- YOGA

*INCLUDES PROPER HYDRATION
AND SNACKING

Breaking Free Activities

- SCALE SMASHING
- THROWING AWAY CLOTHES
- SHOPPING OUTING
- BODY TRACING

Relaxation Activities

- NAILS
- NAP
- ART
- POTTERY

Schedule

*CLIENT SELF-REFLECTION - JOURNAL
ABOUT AN
IDEAL DAY W/OUT YOUR EATING
DISORDER

10 AM: GROCERY STORE OUTING
12:30 PM: LUNCH
1PM: PROCESS / JOURNALING TIME
1:30 - 3 PM BREAKING FREE ACTIVITY /
RELAXATION ACTIVITY
3 PM: SNACK
3:30-5 PM: MOVEMENT ADD ON /
BREAKING FREE ACTIVITY
6 PM: DINNER
6:45 PM: PROCESS / CHECK-IN

FOOD ADD ONS:
- INCLUSION OF LOVED ONE TO DINING
OUT
- COOKING

FULL DAY AND HALF DAY OPTIONS

