### PHASE 1 - Orientation

**Program**
- Complete orientation to program
- Complete baseline assessment
- Learn the program schedule
- Participation Level: Red/Yellow
- You may feel overwhelmed & upset/about being in program
- Stage of Change: Pre-contemplative or Contemplative

**Nutrition**
- Nutrition level: 1
- Have orientation meal, identify Food Avoidance Behaviors
- Meet the dietitian

**Medical**
- Activity: Modified Bedrest or Restricted
- Staff will monitor your heart rate & vital signs

**Stage 1 Goals**
- Learn program structure and rules
- Adjust to Parent Supported Nutrition (PSN)
- Improve medical condition

### PHASE 2 - Adaptation

**Program**
- Complete a pros & cons list of recovery
- Participation Level: Yellow
- Able to set meaningful goals and identify emotions
- Learning coping skills
- Stage of Change: Contemplative or Preparation

**Nutrition**
- Nutrition level: 2-3
- Following meal plan
- Adjusting to Parent Supported Nutrition (PSN)

**Medical**
- Restricted Activity
- Heart rate and vital signs improving

**Stage 2 Goals**
- Improve FAB’s
- Participate in groups
- Working with parents on communication and meal support

### PHASE 3 - Transition

**Program**
- Able to ask for help
- Participation Level: Yellow-Green
- Communicate more effectively
- Actively using coping skills
- Stage of Change: Contemplative or Preparation

**Nutrition**
- Nutrition level 2-3 (at home & in program)
- Not challenging parents
- Show flexibility with meal plan

**Medical**
- Restricted Activity
- Meeting weight goals

**Stage 3 Goals**
- Follow meal plan and structure at home
- Use coping skills to manage eating disorder

### PHASE 4 - Problem Solving and Fine Tuning

**Program**
- Acknowledge importance of treatment
- Participation: Green level
- Adapt skills to real world
- Stage of Change: Preparation or Action

**Nutrition**
- Nutrition level 3 at home & in program
- Able to eat out with family

**Medical**
- Parent Monitored Activity
- Meeting weight goals
- No medical concerns

**Stage 4 Goals**
- Coping well with more time out of program
- Improve flexibility
- Improve communication with family

### PHASE 5 - Transition

**Program**
- Demonstrate greater flexibility
- Participation: Green level
- Demonstrate improved communication, confidence and use of support
- Demonstrate greater ability to use skills to cope with increased challenges
- Stage of Change: Preparation or Action

**Nutrition**
- Nutrition level 3 at home & in program
- Able to eat out with family

**Medical**
- Parent Monitored Activity
- Meeting weight goals
- No medical concerns

**Stage 5 Goals**
- Return to school, family life, friends and activities
- Able to adhere to PSN
- Use coping skills
- Communicate well with family
<table>
<thead>
<tr>
<th>Stage 1 Goals</th>
<th>Stage 2 Goals</th>
<th>Stage 3 Goals</th>
<th>Stage 4 Goals</th>
<th>Stage 5 Goals</th>
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</thead>
<tbody>
<tr>
<td><strong>Nutrition</strong></td>
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<tr>
<td>- Meet the treatment team</td>
<td>- Attend Family Program groups</td>
<td>- Apply concepts to your family</td>
<td>- Maintains structure and reinforce limits at home</td>
<td>- Successful integration of necessary program structure to home</td>
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<tr>
<td>- Learn the program schedule</td>
<td>- Attend check out groups</td>
<td>- Active in family groups</td>
<td>- Addresses safety issues</td>
<td>- Use the treatment team and program to problem solve challenges from days out</td>
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<tr>
<td>- Sign up for Treatment Planning Rounds</td>
<td>- Attend daily check out groups</td>
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<td>- Self-assess for what’s working and what isn’t</td>
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