

Average Daily Schedule*

<u>Time</u>	<u>Activity</u>
6:00am to 6:15am	Wake-up/Move to PT Formation
6:15am to 7:00am	Physical Fitness Training: Alternating Cardio-respiratory Training and Muscular Strength & Endurance Training.
7:00am to 7:30am	Personal Hygiene
7:30am to 8:00am	Breakfast
8:00am to 8:30am	Morning Accountability Formation - Announcements - Raise the Colors
8:30am to 10:00am	First Period Class
10:00am to 10:30am	Break
10:30am to 12:00pm	Second Period Class
12:00pm to 12:45pm	Lunch
12:45pm to 1:00pm	Afternoon Accountability Formation - Announcements
1:00pm to 2:45pm	Drill and Ceremonies/Team Building
2:45pm to 3:00pm	Break/change Clothes/Prepare for Recreation
3:00pm to 5:00pm	Recreation/Sports
5:00pm to 5:30pm	Personal Hygiene
5:30pm to 6:30pm	Dinner
6:30pm to 7:00pm	Evening Formation - Announcements - Retreat (Lower the Colors)
7:00pm to 8:30pm	3rd Period LET/Group Discussion/Study Hall
8:30pm to 9:15pm	Trainer, Advisor, Counselor (TAC) Time - Prepare for Nexr Day
9:15 to 10:00pm	Personal Hygiene
10:00 PM	Lights Out

* For Off-Campus Training and Recreation Trips, Schedule will be as required by that day's mission