

DAILY SCHEDULE

7:00 AM	Morning routine (shower, grooming)
8:00-9:00 AM	Breakfast
9:00-9:30 AM	Exercises
9:30-10:00 AM	Free time
10:00-11:00 AM	Morning activity (see activities page)
11:30-12:30 PM	Lunch
12:45-2:00 PM	Rest/ Personal Time
2:00-3:00 PM	Afternoon activity (see activities page)
3:00-3:30 PM	Snack
3:30-5:00 PM	Evening activity (see activities page)
5:00-6:00 PM	Dinner
6:00-8:00 PM	Video/TV Movie
8:00-9:00 PM	Snack/Free time

NOTES
