Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup	Wakeup
7:35	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep
7:45-8:30	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
8:30	Gather for transit	Gather for transit	Gather for transit	Gather for transit	Gather for transit	Gather for transit	Gather for transit
8:45	Transit	Transit	Transit	Transit	Transit	Transit	Transit
9:00-10:00	Period 1	Period 1	Period 1	Period 1	Period 1		Cooking
10:15	Transition	Transition	Transition	Transition	Transition		Transition
10:15-11:15	Period 2	Period 2		Period 2	Period 2		Nutrition
11:30	Transition	Transition		Transition	Transition		Transition
11:30-12:30	Period 3	Period 3	Beach	Period 3	Period 3		Cleanup
12:45	Transition	Transition	Transition	Transition	Transition		Transition
12:50	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep		Nutrition Prep
1:00-1:45	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
2:00	Transition	Transition	Transition	Transition	Transition		Transition
2:00-3:30	Period 4	Period 4	Period 4	Period 4	Period 4		
4:00	Transition	Transition	Transition	Transition	Transition		
4:15-5:00	Pool/Relaxation	SAT/Summer Homework	Pool/Relaxation	SAT/Summer Homework	Pool/Relaxation		Beach
4:30	Transition	Transition	Transition	Transition	Transition	Excursion	Transition
5:00-6:00	Shower/Cleanup	Shower/Cleanup	Shower/Cleanup	Shower/Cleanup	Shower/Cleanup	Shower/Cleanup	Shower/Cleanup
6:00	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep
6:15-7:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:15	Transition	Transition	Transition	Transition	Transition	Transition	Transition
7:15-7:30	Food Journals	Food Journals	Food Journals	Food Journals	Food Journals	Food Journals	Food Journals
7:30-8:30	Nighttime Activity	Nighttime Activity	Nighttime Activity	Nighttime Activity	Nighttime Activity	Nighttime Activity	
8:35	Transition	Transition	Transition	Transition	Transition	Transition	
8:35-10:00	Outdoor Recreation Time	Outdoor Recreation Time	Outdoor Recreation Time	Outdoor Recreation Time	Outdoor Recreation Time	Outdoor Recreation Time	Movie Night/Rec
10:00	Transition	Transition	Transition	Transition	Transition	Transition	Transition
10:00-10:30	Indoor Recreation Time	Indoor Recreation Time	Indoor Recreation Time	Indoor Recreation Time	Indoor Recreation Time	Indoor Recreation Time	Indoor Recreation Time
10:30-11:00	Nigthtime Prep	Nigthtime Prep	Nigthtime Prep	Nigthtime Prep	Nigthtime Prep	Nigthtime Prep	Nigthtime Prep
11:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out