CAMP NEW HEIGHTS

Build a Better You

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15	Wakeup	Wakeup		Wakeup	Wakeup	Wakeup	Wakeup
7:35	Nutrition Prep	Nutrition Prep		Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep
7:45-8:30	Breakfast	Breakfast		Breakfast	Breakfast	Breakfast	Breakfast
8:30	Gather for transit	Gather for transit	Wakeup	Gather for transit	Gather for transit	Gather for transit	Gather for transit
8:45	Transit	Transit		Transit	Transit	Transit	Transit
9:00-10:00	Period 1 (Strength & Conditioning)	Period 1 (Strength & Conditioning)	Breakfast	Period 1 (Strength & Conditioning)	Period 1 (Strength & Conditioning)		
10:15	Transition	Transition		Transition	Transition		
10:15-11:15	Period 2 (Extra Work/Group Team Sport)	Period 2 (Extra Work/Group Team Sport)	Nutrition Class	Period 2 (Extra Work/Group Team Sport)	Period 2 (Extra Work/Group Team Sport)		
11:30	Transition	Transition		Transition	Transition		
11:30-12:30	Period 3 (Sports and Human Performance/Yoga/Movement)	Period 3 (Sports and Human Performance/Yoga/Movement)	Pool Recovery	Period 3 (Sports and Human Performance/Yoga/Movement)	Period 3 (Sports and Human Performance/Yoga/Movement)		Grocery Store Challenge
12:45	Transition	Transition	transition	Transition	Transition		
12:50	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep	Nutrition Prep		Cooking
1:00-1:45	Lunch	Lunch	Lunch	Lunch	Lunch		Lunch
2:00	Transition	Transition	Transition	Transition	Transition		Transition
2:00-3:30	Period 4 (Choice)	Period 4 (Choice)		Period 4 (Choice)	Period 4 (Choice)		
4:00	Transition	Transition		Transition	Transition		
4:15-5:00	Rotating Activiity (Pool, Pickup Sports, Relax, CBT)	Rotating Activiity (Pool, Pickup Sports, Relax, CBT)		Rotating Activiity (Pool, Pickup Sports, Relax, CBT)	Rotating Activiity (Pool, Pickup Sports, Relax, CBT)		Cleanup and Laundry
4:30	Transition	Transition	Beach	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	Nighttime Prep	Nighttime Prep	Nighttime Prep	Nighttime Prep	Nighttime Prep	Nighttime Prep	Nighttime Prep
10:30-11:00	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out