

ACADEMIC BOOT CAMP

Basic Daily Format and Schedule

Arrival	Academic Station 1	Fitness Gram	Academic Station 2	Break	Fitness Gram	Academic Station 3	Lunch	Fitness Gram	Academic Station 4	Fitness Gram	Academic Station 5	Fitness Gram
Warm Up	Read All You Can Read		Read All You Can Read		Read All You Can Read			Read All You Can Read		Read All You Can Read		Wrap Up
Fitness Gram	Writer's Workout or Muscle Up Math		Writer's Workout or Muscle Up Math		Writer's Workout or Muscle Up Math			Writer's Workout or Muscle Up Math		Writer's Workout or Muscle Up Math		Depart
9-9:30	9:30-10	10-10:15	10:15-10:45	10:45-11	11-11:15	11:15-11:45	11:45-12:15	12:15-12:30	12:30-1	1-1:15	1:15-1:30	1:30-2