

**ALPHA COMPANY
DAILY TRAINING SCHEDULE
MONDAY - WEEK 5**

TIME	ACTIVITY	UNIFORM	PERSONNEL	LOCATION	SUPERVISOR
0500	WAKE UP	PT	ALL	BILLETS	CADRE
0515	PHYSICAL TRAINING/ACCOUNTABILITY FORMATION	PT	ALL	CO AREA	CADRE
0630 -0730	BREAKFAST ROUTINE MEDS REVEILLE	PT	ALL SELECT INDIV	DFAC	CADRE SS
0630 -0745	BILLETS MAINTENANCE	PT	ALL	BILLETS	CADRE
0745	COMPANY FORMATION – SHIFT CHANGE	CLASS B	ALL	CO AREA	CADRE
0800 -1150	EDUCATION/COUNSELING CLASSES SEE ANNEX – WATCH AS IT CHANGES ON MONDAY & THURSDAY	CLASS B	ALL	B302/303	STAFF
1200 -1300	LUNCH ROUTINE MEDS	CLASS B	ALL SEL IND	DFAC	CADRE SS
1300 -1450	EDUCATION/COUNSELING CLASSES SEE ANNEX – WATCH AS IT CHANGES ON MONDAY & THURSDAY	CLASS B	ALL	B302/303	STAFF
1515 -1630	ORGANIZED SPORTS/PREP FOR EVENING ACTIVITIES	PT	ALL	CO AREA	CADRE
1700 -1800	DINNER ROUTINE MEDS RETREAT	PT	ALL SELECT INDIV	DFAC	CADRE SS
1830 -1930	POF BIBLE STUDY ALL © WANTING TO ATTEND	PT	SELECT INDIV	GYM	CADRE
1800	PERSONAL HYGIENE	PT	ALL	BILLETS	CADRE
1930	QUIET TIME/LETTER WRITING/MAIL CALL	PT	ALL	BILLETS	CADRE
2100	LIGHTS OUT	PT	ALL	BILLETS	CADRE

NOTES:

1. PROFILES:

- © DOE **HYPOGLYCEMIC – NEEDS SNACKS @ 0500 (BEFORE PT), 1000, 1400, & 1900 HR. EVERY DAY**
- © **WILL NEED TO SIGN FOR THESE SNACKS – ENSURE © EATS ALL SNACKS & DOESN'T GIVE THEM AWAY!**