

Start	Finish	Blue Day	White Day
7:00 AM	7:10 AM	Wake Up	Wake Up
7:10 AM	7:40 AM	Exercise	Exercise
7:40 AM	8:00 AM	Cooldown/Breakfast	Cooldown/Breakfast
8:00 AM	9:30 AM	Kinesiology/PE	Career Prep
9:30 AM	11:00 AM	Biology	Biology
11:00 AM	11:30 AM	Teacher Contact time. Send messages via email or WebEx	Teacher Contact time. Send messages via email or WebEx
11:30 AM	12:00 PM	Lunch	Lunch
12:00 PM	1:30 PM	Geometry	Geometry
1:30 PM	1:40 PM	Break	Break
1:45 PM	3:15 PM	English	Health
3:15 PM	3:45 PM	Leisure Reading	Leisure Reading
3:45 PM	9:00 PM	Extracurricular, homework, or free time	Extracurricular, homework, or free time
9:00 PM	9:15 PM	Prep for the next school day	Prep for the next school day
9:15 PM	9:30 PM	Shower and get ready for bed	Shower and get ready for bed
10:00 PM		Bedtime	Bedtime