

daily program (example only).

annex A.

Set	Time	Session	Loc	Instr	Dress	Remarks
013	0600 - 0610	Reveille, Roll Call and Instruction	Bcks	SC	PT	Number; Prove
014	0620 - 0650	BREAKFAST	MESS		PT	Explanation of process Medication
015	0700 - 0720	Morning routine	Bcks	SC	PT	parades?
016	0730 - 0830	Physical Training Session Functional Movement	Area	PTI	PT	Separate from reveille for this day only.
017	0830 - 0900	Admin Period	Bcks	SC		
018	0900 - 1000	The Moral Compass and Aids to Navigation	Foyer	RR	Bcks	
019	1000 - 1020	MORNING TEA	In Situ		Bcks	
020	1030 - 1130	Hello Me – Let's Talk	Foyer	CG	Bcks	Need diary
021	1140 - 1210	Maintain a Personal Bedspace REVISION	Bcks	TEMP	Bcks	
022	1210 - 1240	LUNCH	MESS	SC	Bcks	
023	1250 - 1330	Clean and maintain barracks for inspection Clean	Bcks	SC	Bcks	Explanation – Practice
024	1340 - 1420	Introduction to Ironing; Boot Polishing + Locker Layout	Foyer	SC	Bcks	EDP

