

FIGURE 13.9**A Day in the Life of Boot Camp Participants****MINNESOTA CORRECTIONAL FACILITY–WILLOW RIVER/MOOSE LAKE
WILLOW RIVER CHALLENGE INCARCERATION PROGRAM DAILY SCHEDULE****TIME****EVENT**

5:30 am	Wake Up/Roll Call
5:35–5:45	Physical Training Preparation
5:45–6:35	Physical Training
6:35–7:00	Personal Cleanup
7:00–7:30	Breakfast Meal
7:30–7:45	Morning Flag Ritual
7:45–8:25	Barracks Maintenance/Offender Inspection
8:25–8:30	Program Readiness Preparation
8:30–9:55	Cognitive Skills Training/Barracks Inspection
10:00–11:55	Education Programming or Work Assignment
11:55–12:00	Roll Call
12:00–12:30	Lunch Meal
12:35–3:15	Work Assignment
3:15–3:30	Physical Training Preparation
3:30–4:30	Physical Training
4:30–4:55	Personal Cleanup
4:55–5:00	Roll Call
5:00–5:30	Evening Meal
5:30–6:00/6:15	Evening Flag Ritual/KP/Administration Building Cleanup/Program Readiness Preparation
6:00–7:00	Lecture or Acupuncture Treatment
7:00–8:00	Chemical Dependency Programming
8:00–9:00	Squad Meeting
9:00–9:25	Individual Offender Programming and Journal/Correspondence and Study Time
9:25–9:30	Personal Cleanup
9:30	Roll Call
9:35	Lights Out