

Start	End	Duration	WEDNESDAY Activity			
7:50	7:57	0:07	LOCKER ARRIVAL			
7:57	8:00	0:03	Transition			
8:00	8:32	0:32	Period 1			
8:32	8:35	0:03	Transition			
8:35	9:07	0:32	Period 2			
9:07	9:10	0:03	Transition			
9:10	9:42	0:32	Period 3			
9:42	9:45	0:03	Transition			
9:45	10:17	0:32	Period 5			
10:17	10:20	0:03	Transition			
10:20	10:52	0:32	Period 6			
10:52	10:58	0:06	Transition			
10:58	11:28	0:30	A Lunch	DREAM	Mindfulness Minute (13 minutes)	Mindfulness Minute (13 minutes)
11:28	11:31	0:03	Transition		Period 4 (50 minutes)	Period 4 (50 minutes)
11:31	12:01	0:30	DREAM	B Lunch		
12:01	12:04	0:03	Transition			
12:04	12:34	0:30	Mindfulness Minute (13 minutes)	Mindfulness Minute (13 minutes)	A Lunch	DREAM
12:34	12:37	0:03	Period 4 (50 minutes)	Period 4 (50 minutes)	Transition	
12:37	1:07	12:30			DREAM	D Lunch
1:07	1:10	0:03	Locker and Dismissal			