

ROTATION SCHEDULE SAMPLE

iPALS Wellness Program

7:45 to 8:00AM	PARTICIPANT DROP-OFF, CHECK-IN, AND RELATIONSHIP TIME (LOCATION TBD)					
8:00 to 8:15AM	GROUP/TPSR TIME (LOCATION TBD)					
8:25 to 9:10AM	TEAM	ACTIVITY	LOCATION	TEAM	ACTIVITY	LOCATION
	1	Physical Activity 1	TBD	6	Physical Activity 1	TBD
	2	Nutrition	TBD	7	Nutrition	TBD
	3	Physical Activity 2	TBD	8	Physical Activity 2	TBD
	4	Physical Activity 3	TBD	9	Physical Activity 3	TBD
	5	Academic Enrich.	TBD	10	Academic Enrich.	TBD
9:20 to 10:05AM	TEAM	ACTIVITY	LOCATION	TEAM	ACTIVITY	LOCATION
	1	Nutrition	TBD	6	Nutrition	TBD
	2	Physical Activity 2	TBD	7	Physical Activity 2	TBD
	3	Physical Activity 3	TBD	8	Physical Activity 3	TBD
	4	Academic Enrich.	TBD	9	Academic Enrich.	TBD
	5	Physical Activity 4	TBD	10	Physical Activity 4	TBD
10:15 to 11:00AM	TEAM	ACTIVITY	LOCATION	TEAM	ACTIVITY	LOCATION
	1	Physical Activity 2	TBD	6	Physical Activity 2	TBD
	2	Physical Activity 3	TBD	7	Physical Activity 3	TBD
	3	Academic Enrich.	TBD	8	Academic Enrich.	TBD
	4	Physical Activity 4	TBD	9	Physical Activity 4	TBD
	5	Physical Activity 1	TBD	10	Physical Activity 1	TBD
11:15 to 11:55AM	LUNCH (LOCATION TBD)					
12:05 to 12:50PM	TEAM	ACTIVITY	LOCATION	TEAM	ACTIVITY	LOCATION
	1	Physical Activity 3	TBD	6	Physical Activity 3	TBD
	2	Academic Enrich.	TBD	7	Academic Enrich.	TBD
	3	Physical Activity 4	TBD	8	Physical Activity 4	TBD
	4	Physical Activity 1	TBD	9	Physical Activity 1	TBD
	5	Nutrition	TBD	10	Nutrition	TBD
1:00 to 1:45PM	TEAM	ACTIVITY	LOCATION	TEAM	ACTIVITY	LOCATION
	1	Academic Enrich.	TBD	6	Academic Enrich.	TBD
	2	Physical Activity 4	TBD	7	Physical Activity 4	TBD
	3	Physical Activity 1	TBD	8	Physical Activity 1	TBD
	4	Nutrition	TBD	9	Nutrition	TBD
	5	Physical Activity 2	TBD	10	Physical Activity 2	TBD
1:55 to 2:40PM	TEAM	ACTIVITY	LOCATION	TEAM	ACTIVITY	LOCATION
	1	Physical Activity 4	TBD	6	Physical Activity 4	TBD
	2	Physical Activity 1	TBD	7	Physical Activity 1	TBD
	3	Nutrition	TBD	8	Nutrition	TBD
	4	Physical Activity 3	TBD	9	Physical Activity 3	TBD
	5	Physical Activity 2	TBD	10	Physical Activity 2	TBD
2:45 to 3:00PM	GROUP/TPSR TIME (AT LAST STATION LOCATION)					
3:00 to 3:15PM	PARTICIPANT CHECK-OUT, PICK-UP, AND RELATIONSHIP TIME (LOCATION TBD)					