

Time	Activity
7:45AM	Arrival @ Living Lab
7:45 – 8:10AM	Breakfast
8:10 – 8:50AM	Drive to USD
9:00 – 12:00PM	Science Research (Community Building)
12:15 – 12:45PM	Lunch
1:00 – 2:30PM	COR
2:30 – 5:30PM	Outdoor Outreach/Self-Reflection
5:30 – 6:15PM	Drive to Living Lab

RESIDENTIAL (DAY 7-12)

JULY 7 -12

Time	Activity
7:00 – 8:00AM	Wake-up & Prep for Research
8:15 – 8:45AM	Breakfast
9:00 - 12:00PM	Science Research (Community Building)
12:15 – 12:45PM	Lunch
1:00 – 2:30PM	COR
2:30 – 6:00PM	Outdoor Outreach/Self-Reflection
6:15 – 6:45PM	Siesta
6:45 – 7:15PM	Dinner
7:15 – 8:30PM	Salud/Exercise Class
8:30 – 8:50PM	Announcements
8:50 – 9:30PM	Bed Prep
9:30PM	Lights Out