

## SAMPLE ITINERARY *(Subject to Change)*

### Day 1 (Sept. 21)

Time	Activity
12:00 – 4:00 pm	Check In
4:00 – 5:30 pm	Group Welcome & Five-Minute Journal Introduction
5:30 – 6:30 pm	Group Dinner
6:30 – 8:00 pm	Group Exercise

### Day 2 (Sept. 22)

Time	Activity
8:00 – 9:00 am	Group Breakfast
9:00 – 10:00 am	Five-Minute Journal & Morning Warm-Ups
10:00 am – 12:30 pm	Morning Outdoor Sessions
12:30 – 1:30 pm	Group Lunch
1:30 – 3:30 pm	Afternoon Sessions
3:30 -4:00 pm	Break/Personal Time
4:00-5:30 pm	Group Pictures
5:30 – 7:30 pm	Evening Session
7:30 – 8:30 pm	Group Dinner
8:30 – 9:30 pm	Evening Get Together

### Day 3 (Sept. 23)

Time	Activity
8:00 – 9:00 am	Group Breakfast
9:00 – 9:45 am	Five-Minute Journal & Morning Warm-Ups
9:45 – 12:30 pm	Morning Outdoor Sessions
12:30 – 2:00 pm	Graduation & Group Lunch
2:00 – 3:00 pm	Afternoon Session
3:00 pm	Official Retreat Activities End
3:00 – 6:00 pm	Break/Personal Time
6:00 – 8:00 pm	Informal Dinner & Five-Minute Journal (for those staying the night)



**FAMILY**  
BOARD MEETINGS