VA Bootcamp

Lesson Plan

Use this lesson plan in order to complete all the lessons and activities within 30 days. Each week, we have weekends as rest days – but you can make adjustments according to your preference. This calendar also assumes Day 1 is a Monday, but you can adjust accordingly.

With this schedule, allocate between 30 minutes to 1 hour to take the appropriate lessons.

My suggestion is to print this calendar and mark off the lessons that you've completed as you complete them. That way, you can see what lessons you need to catch up on and track your progress. On to Module 1 !

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	**2**	**3**	**4**	**5**	**6**
	Module 1 Lesson 1.1 Lesson 1.2 Lesson 1.3 Lesson 1.4	Recap and Quiz	Lesson 2.0 Lesson 2.1 Lesson 2.2 Lesson 2.3	Lesson 2.4 Lesson 2.5 Lesson 2.6 Lesson 2.7	Recap and Quiz	Rest
7	**8**	**9**	**10**	**11**	**12**	**13**
Rest	Lesson 3.0 Lesson 3.1 Lesson 3.2 Lesson 3.3 Lesson 3.4	Lesson 3.5 Lesson 3.6 Recap and Quiz	Lesson 4.0 Lesson 4.1 Lesson 4.2 Lesson 4.3 Recap and Quiz	Lesson 5.0 Lesson 5.1 Lesson 5.2 Lesson 5.3	Lesson 5.4 Lesson 5.5 Lesson 5.6 Lesson 5.7	Rest
14	**15**	**16**	**17**	**18**	**19**	**20**
Rest	Recap and Quiz	Lesson 6.0 Lesson 6.1 Lesson 6.2 Lesson 6.3	Lesson 6.4 Lesson 6.5 Lesson 6.6 Lesson 6.7	Recap and Quiz	Lesson 7.0 Lesson 7.1 Lesson 7.2 Lesson 7.3 Lesson 7.4	Rest
21	**22**	**23**	**24**	**25**	**26**	**27**
Rest	Lesson 7.5 Lesson 7.6 Lesson 7.7	Recap and Quiz	Lesson 8.1 Lesson 8.2 Lesson 8.3 Lesson 8.4 Lesson 8.5	Recap and Quiz	Lesson 9.1 Lesson 9.2 Lesson 9.3 Lesson 9.4 Lesson 9.5 Lesson 9.6	Rest
28	**29**	**30**				
Rest	Module 10	Module 11 and 12				