

# **CEREMONIAL HONOR GUARD TRAINEE DAILY WORK SCHEDULE**

0500-0550 PHYSICAL TRAINING  
 0550-0615 SHOWER CHANGE TO CIVILIAN CLOTHING  
 0615-0645 CHOW IN CIVILIAN CLOTHES (ALL TRAINEES)  
 0645-0715 CHANGE TO UNIFORM OF THE DAY/ MUSTER  
 0730-0750 MUSTER UNIFORM INSPECTION  
 0750-0830 MORNING COLORS/ROOM INSPECTION  
 0830-0845 HEAD AND WATER PREPARE FOR INSTRUCTION  
 0845-0945 UNIFORM/FORMAL INSTRUCTION  
 0945-1000 PREPARE FOR DRILL  
 1000-1105 DRILL/STANDS/MOCK-UPS  
 1115-1145 CHOW (ALLTRAINEES)  
 1145-1225 GEAR TIME  
 1225-1245 CHANGE TO O.D.U. WITH FRAMS FOR MUSTER  
 1245-1315 MUSTER  
 1315-1515 DRILL/STANDS/MOCK-UPS  
 1515-1600 CLEAN-UPS  
 1600 LIBERTY AT TRAINERS DISCRETION

1900-2100 FRIDAY NIGHT GEAR NIGHT (FRIDAYS ONLY)  
 0730-1130 SATURDAY MAKE-UP DRILL (SATURDAYS ONLY)\*\*

## **CLASSROOM INSTRUCTION/INSPECTION SCHEDULE**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Ribbon Rack Name Tags	Proper Placement of Ropes (all uniforms)	Flat Ironing Trops & White shirts	Bridge/Rain Coat Inspection	Ceremonial Uniform Inspection
Wearing (Pressing) of Covers	Wearing of Shoes and Ties	Wearing ODU's	Rouge Wheel Usage	Wind Breaker Inspection
Press Machine Use	Pressing Bridge Coats	Pressing Rain Coats	Preparing Weapon Stock	Silicon Gloves and Breast Plates

Changes to the schedule must be approved by the TPO/TO.  
 Honor Guard tasking takes precedence over this schedule.

\*\*Note: trainees are required to drill during liberty time 04 hours per week and are not allowed to account for more than 01 hour of extra drill per day. Extra drill must be completed before 0800 Friday morning. Members who do not log appointed drill time must do so during Saturday make-up drill time. From 0730-0915 Mon/Wed/Fri. Trainers are authorized to PT. The Trainer with the 0500-0550 PT will lead all morning activities.