Coldsteel Battle Rhythm (Full Duty Day)

**Updated:** 2 Oct 2013

**0615 First Call**

**0630 First Formation**

**0630-0800 Physical Training**

**0800-0930 Hygiene, Breakfast**

**0915-0930 Key Leaders’ Morning “Stand Up”**

**0930 Work Call Formation, In-Ranks Inspection**

**0930-1130 Morning Duties**

**1130-1330 Lunch Window (1 hour authorized in the 2 hour window)**

**1330-1630 Afternoon Duties, Afternoon Training**

**1430-1700 Release to PT 🡪 Afternoon Squad/Team PT, Remedial PT\***

**1530 Key Leaders’ Daily Closeout\*\***

**1530-1700 Leaders’ Admin Time**

**1700 NLT Release (Formation)**

\*In the absence of a field, range, or academic training event, afternoon training will always consist of afternoon small unit (squad or team) PT. On these days, the release formation will be in the duty uniform at 1530, PT can be executed in civilian PFU and release is done at small unit level from the PT site. Those Soldiers identified for remedial PT will fall-in with the remedial PT NCOIC.

\*\*Closeout and subsequent release can be done prior to daily closeout meeting by exception. Release authority is Company CDR, Company 1SG, or Company XO in CDR/1SG’s absence. Platoon Leadership Teams MUST do a daily closeout (face to face, email, or telephonic – no prescribed format).

Coldsteel Battle Rhythm (Half Duty Day)

**Updated:** 7 Aug 2013

**0615 First Call**

**0630 First Formation**

**0630-0800 Physical Training**

**0800-0930 Hygiene, Breakfast**

**0900-0930 Key Leaders’ Morning “Stand Up”**

**0930 Work Call Formation, In-Ranks Inspection**

**0930-1130 Morning Duties**

**1130-1200 Key Leaders’ Daily Closeout\***

**1200 Release Formation**

\*Closeout and subsequent release can be done prior to daily closeout meeting by exception. Release authority is Company CDR, Company 1SG, or Company XO in CDR/1SG’s absence. Platoon Leadership Teams MUST do a daily closeout (face to face, email, or telephonic – no prescribed format).