Day 1: Introduction to Salesforce Development

1. **Morning Session: Getting Started**
   - Overview of Salesforce Platform
   - Introduction to Salesforce Developer Console
   - Setting Up a Developer Environment
2. **Afternoon Session: Data Modeling and Management**
   - Understanding Salesforce Data Model
   - Creating and Customizing Objects
   - Working with Fields and Relationships

Day 2: Apex Programming Fundamentals

1. **Morning Session: Introduction to Apex**
   - Basics of Apex Programming Language
   - Writing and Testing Apex Code
   - Variables and Data Types
2. **Afternoon Session: Control Flow Statements**
   - Conditional Statements (IF, SWITCH)
   - Loops (FOR, WHILE)
   - Exception Handling in Apex

Day 3: Apex Advanced Concepts

1. **Morning Session: Apex Triggers**
   - Understanding Triggers
   - Trigger Events and Context Variables
   - Best Practices for Writing Triggers
2. **Afternoon Session: Apex Classes and Batch Apex**
   - Creating Apex Classes
   - Introduction to Batch Apex
   - Implementing Asynchronous Processing

Day 4: Lightning Components and Aura Framework

1. **Morning Session: Introduction to Lightning Components**
   - Overview of Lightning Components
   - Building Your First Lightning Component
   - Communication Between Components

2. **Afternoon Session: Aura Framework and Events**
   - Understanding the Aura Framework
   - Handling Events in Lightning Components
   - Building Responsive and Dynamic UIs

Day 5: Integration and Best Practices

1. **Morning Session: Salesforce Integration**
   - Overview of Salesforce Integration Options
   - REST and SOAP Integrations
   - Using External Services
2. **Afternoon Session: Best Practices and Exam Preparation**
   - Best Practices for Salesforce Development
   - Tips for Platform Developer 1 Exam
   - Q&A and Wrap-Up