							Please mar																Hours of rest in 24-hour period	Comments	Not to be compleseafarer (1)	Not to be completed by the seafarer <sup>(1)</sup>	
Hours Date	00 0	01	02 (	03	04	05 (	06 07	08	09	10 11	12	13	14	15 1	6 17	18	19	20	2	1 2	22 :	23 24			Hours of rest, in any 24-hour period <sup>(2)</sup>	Hours of rest, in any 7-day period (2)	
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<sup>(1)</sup> For completion and use in accordance with the procedures established by the competent authority in compliance with the relevant requirements of the ILO Maritime Labour Convention, 2006 and the International Convention on the Standards of Training, Certification and Watchkeeping for Seafarers 1978 (as amended) (including the Manila Amendments 2010).

<sup>(2)</sup> Additional calculations or verifications may be necessary to ensure compliance with the relevant requirements of the Maritime Labour Convention, 2006 and the International Convention on Standards of Training, Certification and Watchkeeping, 1978 as amended (STCW).