Year/month (yyyy/mm):	**Please mark periods of rest using a continuous line/arrow or mark with a cross** *The 24-hour period starts when your watch/work starts and lasts until the same time the following day.* *Only actual rest period should be registered. Breaks of less than one hour are not counted as rest periods.*	To be completed by Master or person authorized by Master[1]

Hours / Date	0 01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24	Hours of rest in any 24-hour period	**Comments** *If a planned rest period has been interrupted and/or delayed, please state a reason.*	Hours of rest in any 24-hour period[2]	Hours of rest in any 7-day period[2]
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[1] For completion and use in accordance with the procedures established by the competent authority in compliance with the relevant requirements of ILO Convention No 186 from 2006 on Seafarers Working and Living conditions (MLC)

[2] LWLDO FDOFODWLV YLILFDWLV PD FVVDW VFPSOLDF LWK WK OYDW TLPWV I,/O