

Muster					Information				
Name	Bunk	Watch			Contact Info, Messages	DoW	DoM	MoY	
						Sunrise	Sunset	Moon Phase	
							ETD		
							ETA		
						<b>Weather</b>			
						<b>Safety</b>	All calm & cosy	Lifevest on deck	
						MRECC #			
						TWAG #	Livevest on deck Tether beyond cockpit No solo on deck	Stay below deck	
						VF Distress Channel			

Daily Planner																						
Ship Time of Day	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Ship Time of Day
	Today		Tomorrow		Day After		Today		Tomorrow		Day After		Today		Tomorrow		Day After					
	Skipper	Watch	Standby/Galley		Skipper	Watch	Standby/Galley		Skipper	Watch	Standby/Galley											
00-04	1				3			3				2			2				1			00-04
04-09	2				1	Breakfast Day Snacks		1				3	Breakfast Day Snacks		3				2	Breakfast Day Snacks		04-09
09-14	3				2	Lunch		2				1	Lunch		1				3	Lunch		09-14
14-19	1				3	Dinner		3				2	Dinner		2				1	Dinner		14-19
19-24	2				1	Bar&Lounge Night Snacks		1				3	Bar&Lounge Night Snacks		3				2	Bar&Lounge Night Snacks		19-24