



Project Dive Exploration

Daily Dive Log (Dive Series)

FRC Code

1 Diver: _____ Dive computer #: _____ Week Start Date: _____

2	DATE (mm/dd/yyyy)	<p>APPARATUS (<u>S</u>CUBA open; Closed <u>R</u>ebreather, <u>S</u>emi-Closed Rebreather, <u>S</u>urface supplied, <u>C</u>hamber, <u>E</u>xperimental, <u>O</u>ther)</p> <p>GAS (<u>A</u>ir, <u>N</u>itrox, <u>H</u>eliox, <u>I</u>rimix, <u>O</u>xygen, <u>C</u>ombination)</p> <p>O₂ % (Only for gasses other than air)</p> <p>DECOMPRESSION (<u>S</u>afety stop, <u>I</u>n water deco stop, <u>C</u>hamber, <u>O</u>ther, <u>N</u>one)</p> <p>THERMAL COMFORT (<u>W</u>arm, <u>P</u>leasant, <u>C</u>old, <u>V</u>ery cold)</p> <p>WORKLOAD (<u>R</u>esting, <u>L</u>ight, <u>M</u>oderate, <u>S</u>evere, <u>E</u>xhausting)</p> <p>PROBLEMS (<u>E</u>qualization, <u>V</u>ertigo, <u>O</u>ut of air, <u>B</u>uoyancy, <u>S</u>hared Air, <u>R</u>apid Ascent, <u>S</u>easickness, <u>O</u>ther, <u>N</u>one)</p> <p>3 EQUIPMENT MALFUNCTION (<u>M</u>ask, <u>F</u>ins, <u>W</u>eight belt, <u>B</u>C, <u>T</u>hermal Protection, <u>C</u>omputer, <u>D</u>epth, gauge, <u>P</u>ressure gauge, <u>R</u>egulator, <u>N</u>one)</p> <p>SYMPTOMS (<u>Y</u>es or <u>N</u>o) If yes, please describe in detail in the COMMENTS box below, when it occurred and what you did about it.</p> <p>Flying After Diving – Did you go to altitude? <u>Y</u>es, <u>N</u>o If yes, please ask your FRC for a 48-hr report and fill it out.</p> <p>WORKLOAD AFTER DIVE (<u>N</u>one, <u>L</u>ight, <u>M</u>oderate, <u>S</u>evere, <u>E</u>xhausting)</p> <p>ENVIRONMENT (Ocean/<u>S</u>ea, <u>L</u>ake/<u>Q</u>uarry, <u>R</u>iver/<u>S</u>pring, <u>C</u>ave, <u>C</u>avern, <u>P</u>ool, <u>C</u>hamber, <u>U</u>nder Ice, <u>O</u>ther)</p> <p>PLATFORM (<u>B</u>each/<u>S</u>hore, <u>P</u>ier, <u>S</u>mall Boat, <u>C</u>harter Boat, <u>L</u>iveaboard, <u>B</u>arge, <u>L</u>andside, <u>H</u>yperbaric Facility, <u>O</u>ther)</p> <p>PROGRAM (<u>R</u>ecreation, <u>T</u>raining, <u>S</u>cientific, <u>M</u>edical, <u>C</u>ommercial, <u>M</u>ilitary, <u>C</u>ompetitive, <u>O</u>ther)</p> <p>DIVE PLAN (Dive <u>C</u>omputer, <u>T</u>able, <u>A</u>nother Diver, <u>O</u>ther)</p> <p>DRESS (<u>L</u>ycra/Skin, <u>W</u>etsuit, <u>D</u>rysuit, <u>H</u>eated Suit, <u>S</u>wimsuit, <u>O</u>ther)</p>
DAY 1 / /		
	1 st dive	
	2 nd dive	
	3 rd dive	
	4 th dive	
	5 th dive	
COMMENTS:		
DAY 2 / /		
	1 st dive	
	2 nd dive	
	3 rd dive	
	4 th dive	
	5 th dive	
COMMENTS:		
DAY 3 / /		
	1 st dive	
	2 nd dive	
	3 rd dive	
	4 th dive	
	5 th dive	
COMMENTS:		

2	DATE (mm/dd/yyyy)	APPARATUS (<u>S</u> CUBA open; Closed <u>R</u> ebreather, Semi-Closed Rebreather, <u>S</u> urface supplied, <u>C</u> hamber, <u>E</u> xperimental, <u>O</u> ther)	GAS (<u>A</u> ir, <u>N</u> itrox, <u>H</u> eliox, <u>T</u> rimix, <u>O</u> xygen, <u>C</u> ombination)	O ₂ % (Only for gasses other than air)	DECOMPRESSION (<u>S</u> afety stop, <u>I</u> n water deco stop, <u>C</u> hamber, <u>O</u> ther, <u>N</u> one)	THERMAL COMFORT (<u>W</u> arm, <u>P</u> leasant, <u>C</u> old, <u>V</u> ery cold)	WORKLOAD (<u>R</u> esting, <u>L</u> ight, <u>M</u> oderate, <u>S</u> evere, <u>E</u> xhausting)	PROBLEMS (<u>E</u> qualization, <u>V</u> ertigo, <u>O</u> ut of air, <u>B</u> uoyancy, <u>S</u> hared Air, <u>R</u> apid Ascent, <u>S</u> easickness, <u>O</u> ther, <u>N</u> one)	EQUIPMENT MALFUNCTION (<u>M</u> ask, <u>F</u> ins, <u>W</u> eight belt, <u>B</u> C, <u>T</u> hermal Protection, <u>C</u> omputer, <u>D</u> epth gauge, <u>P</u> ressure gauge, <u>R</u> egulator, <u>N</u> one)	SYMPTOMS (<u>Y</u> es or <u>N</u> o) If yes, please describe in detail in the COMMENTS box below, when it occurred and what you did about it.	Flying After Diving – Did you go to altitude? <u>Y</u> es, <u>N</u> o If yes, please ask your FRC for a 48-hr report and fill it out.	WORKLOAD AFTER DIVE (<u>N</u> one, <u>L</u> ight, <u>M</u> oderate, <u>S</u> evere, <u>E</u> xhausting)	ENVIRONMENT (Ocean/ <u>S</u> ea, <u>L</u> ake/ <u>Q</u> uarry, <u>R</u> iver/ <u>S</u> pring, <u>C</u> ave, <u>C</u> avern, <u>P</u> ool, <u>C</u> hamber, <u>U</u> nder Ice, <u>O</u> ther)	PLATFORM (<u>B</u> each/Shore, <u>P</u> ier, <u>S</u> mall Boat, <u>C</u> harter Boat, <u>L</u> iveaboard, <u>B</u> atge, <u>L</u> andside, <u>H</u> yperbaric Facility, <u>O</u> ther)	PROGRAM (<u>R</u> ecreation, <u>T</u> raining, <u>S</u> cientific, <u>M</u> edical, <u>C</u> ommercial, <u>M</u> ilitary, <u>C</u> ompetitive, <u>O</u> ther)	DIVE PLAN (Dive <u>C</u> omputer, <u>T</u> able, <u>A</u> nother Diver, <u>O</u> ther)	DRESS (<u>L</u> ycra/Skin, <u>W</u> etsuit, <u>D</u> rysuit, <u>H</u> eated Suit, <u>S</u> wimsuit, <u>O</u> ther)		
DAY 4 / /																			
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DAY 5 / /																			
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DAY 7 / /																			
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COMMENTS:																			