Bottom Time:EANx type: Fresh / Salt Visibility:	Camera:Lens type:
Total hrs. to date Total hrs. this dive Weight Gear	F-stop Shutter speed
Tank Pressure Start: Finish:	Film Speed:
Temperature:         Conditions:           Air:         Surf:         m/ft	Light Modifications:
Surface: Surge:m/ft Dive Companion(s):	W-DE W-DE
3. Pre-Dive Prep	Frame #'s Notes
A) Equipment Check List  Tank (Filled) Buoyancy Compensator Vest — Snorkel Know the location of the releases Wet Suit	
Weight Belt – know your weight, Fins, Boots review procedure for integrated Accessories loading and quick release. aquaSketch Regulator – primary, alternate Computer	
Gauges Knife Computer Light Low Pressure Connection to Compass BC/Drysuit	
Additions:  B) Plan your Dive (dive your plan)	
- Consider the conditions - Do Deepest dive of the day FIRST - Do the deepest PART of each dive first Indicate the current direction and strength	
C) Review communications and separation plan with dive buddy D) Review computer manual, check battery, fill in Computer	
Reference Area (Go to Area 4, below) E) Refrain from alcohol consumption before diving  4. Gear Set Up 7.2"	14. Deco Schedules 6.5"
Gear Set Up (in order)  A) Secure BC to Tank  Wet BC tank straps	Decompression Schedule
Lower straps over the tank The tank valve opening should face the BC The top of the BC should be even with the tank valve Secure BC straps	Mix Back Gas:  RUN TIME LOST GAS RUN TIME  Depth Time
Check that the BC straps are tight enough by lifting the Tank with the BC shoulder straps  B) Attach the Regulator First Stage to the Tank Valve  Bernove Tank Valve cover	
Clean tank valve with short burst of air by turning knob on tank clockwise. Unscrew knob on the regulator First Stage and remove the dust cover	
Attach the First Stage to the tank with the Second Stage and Alternate (Octopus) regulators on the RIGHT SIDE of the BC and the console on the LEFT.	
Tighten regulator First Stage Yoke Screw so it is finger-tight, do not over tighten Attach inflator hose of Regulator First Stage to Intake Valve on BC.  C) Turn ON Air	
Hold instrument console so that the gauges face down and away. With other hand slowly open the tank valve by turning it counterclockwise.	
Listen for leaks. If there are any, repeat step C to clean and reset valve.  Open tank valve completely and then turn back a half turn. Check pressure gauge for air pressure (with air integrated)	
computers, wet contacts).  D) Test Second Stage Regulators, Primary and Alternate, by pressing purge buttons and breathing through.	
E) Secure Tank and BC     On a boat, secure to the tank rack. If there is no rack:     Lay tank down with BC up, and secure it. Avoid contact with sand and dirt.	
Put on Wet Suit     G) Prepare Weights     Always carry the weight belt with the right hand at the free end, opposite the buckle. Place belt on floor with buckle on left side.	
Using both hands, hold each end of belt, step in and raise belt to waist. The buckle should now be on the left, so that it can be released with the right hand. Pass free end on right through	
buckle and secure. Integrated systems follow BC manufacturers instructions.  5. Pre Dive Notes 4"	15. Graph 5.6"
Pre-Dive Reference Notes:  Current Direction Sun Direction	
W	
s s  Kick cycles per 100 ft.:	
Reference Points:	
High Tide: Low Tide:	
Computer Reference/Diagram/Notes	
	16. Lined 5.5"
7. Dive Profile 4.3"  Dive Profile Graph  Elapsed Time →	
10 Min. 20 30 40 50 60 faired faired	
20'	
30° 40°	
50' 60'	
70' 80'	
90'	
110' 120' 10 Min. 20 30 40 50 60	
8. Compass Headings Log 3"  Compass Heading Log	17. Slate Area 6"
Heading(°) Start/End Time Distance ft/KC Notes	Slate Area
© ©	
(E)	
(G) (H)	
9. Map Grid 5.4"	
Map Grid 1.4"  Map Grid Instructions  - fill in landmarks and reference points  - Add reference points (N.S.E.W.) to compass icon	
<ul> <li>draw arrows between destination points pointing in direction of travel</li> <li>write circled reference letter from compass head-</li> </ul>	
ings log beside arrowheads  Map Grid #1  Compass Icon	18.Note Slate Area 5.5"
One grid cell = ft / kick cycle	Note Area
	Slate Area
10. Things To Keep In Mind 2.4"	
*- NEVER HOLD YOUR BREATH, breath evenly - Do deepest dive of the day FIRST	
*- NEVER HOLD YOUR BREATH, breath evenly - Do deepest dive of the day FIRST - Do the deepest PART of each dive first *- MONITOR YOUR GAUGES REGULARLY - Always leave the water with at least 500 lbs. of air pressure - Keep track of buddy and / or dive group	
Things To Keep In Mind During the Dive  *- NEVER HOLD YOUR BREATH, breath evenly  - Do deepest dive of the day FIRST  - Do the deepest PART of each dive first  *- MONITOR YOUR GAUGES REGULARLY  - Always leave the water with at least 500 lbs. of air pressure  - Keep track of buddy and / or dive group  - Follow the Dive Plan  - Abort the dive if you are uncomfortable for any reason  - Avoid touching anything  - Avoid kicking up silt from the bottom	19. End Notes 1.2"
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1. Emergency Contact Info 2.2"

Name\_

Phone\_\_\_

2. Dive log 3.8"
2. DIVE LOG

1. Emergency Contact Information

Note: Fill in contact info and computer reference BEFORE dive

In case of emergency contact\_\_\_\_\_

e-mail\_\_\_\_\_

DAN Emergency Phone Number: 1-919-684-9111

Dive Insurance #\_\_\_\_

Dive#\_\_\_\_Location\_\_\_\_

12. Fish ID 2.8"

13. Photo Log 7.6"

Size:

Colors:

SCA SCA SCA SCA SCA SCA SCA SCA