

# GUINNESS WORLD RECORDS

## LOG BOOK TEMPLATE

Please note that witnesses cannot work for longer than 4 hours

ACTIVITY				
Activity Sequence:				
Start Time (hh:mm)	Finish Time (hh:mm)	Completed Hours & Minutes (hh:mm)	Total No. of Whole Hours Completed	Accumulated Rest (hh:mm)
Witness 1		Witness 2		
Print Name .....		Print Name .....		
Sign .....		Sign .....		
REST				
Rest Sequence:				
Start Time (hh:mm)		Finish Time (hh:mm)		
Total Rest Time Available Up To Now (hh:mm)				
Taken Now (hh:mm)				
Rest Time Carried Forward (hh:mm)				
Witness 1		Witness 2		
Print Name .....		Print Name .....		
Sign .....		Sign .....		
Total Record Attempt Hours				

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## LOG BOOK TEMPLATE

Please note that you only accrue 5 minutes rest time for every completed hour of activity

ACTIVITY				
Activity Sequence:				
Start Time (hh:mm)	Finish Time (hh:mm)	Completed Hours & Minutes (hh:mm)	Total No. of Whole Hours Completed	Accumulated Rest (hh:mm)
Witness 1		Witness 2		
Print Name .....		Print Name .....		
Sign .....		Sign .....		
REST				
Rest Sequence:				
Start Time (hh:mm)		Finish Time (hh:mm)		
Total Rest Time Available Up To Now (hh:mm)				
Taken Now (hh:mm)				
Rest Time Carried Forward (hh:mm)				
Witness 1		Witness 2		
Print Name .....		Print Name .....		
Sign .....		Sign .....		
Total Record Attempt Hours				

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## EXAMPLE OF A FILLED OUT LOG BOOK

Please note that witnesses cannot work for longer than 4 hours

ACTIVITY				
Activity Sequence:		1		
Start Time (hh:mm)	Finish Time (hh:mm)	Completed Hours & Minutes (hh:mm)	Total No. of Whole Hours Completed	Accumulated Rest (hh:mm)
12:00	16:30	4:30	4:00	00:20
Witness 1		Witness 2		
Print Name JOHN SMITH		Print Name JANE WHITE		
Sign <i>John Smith</i>		Sign <i>Jane White</i>		
REST				
Rest Sequence:		1		
Start Time (hh:mm)		Finish Time (hh:mm)		
16:30		16:35		
Total Rest Time Available Up To Now (hh:mm)		00:20		
Taken Now (hh:mm)		00:5		
Rest Time Carried Forward (hh:mm)		00:15		
Witness 1		Witness 2		
Print Name ADAM MILLER		Print Name KATE TAYLOR		
Sign <i>Adam Miller</i>		Sign <i>Kate Taylor</i>		
Total Record Attempt Hours		4 hours 35 mins		

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## EXAMPLE OF A FILLED OUT LOG BOOK

Please note that you only accrue 5 minutes rest time for every completed hour of activity

ACTIVITY				
Activity Sequence:		2		
Start Time (hh:mm)	Finish Time (hh:mm)	Completed Hours & Minutes (hh:mm)	Total No. of Whole Hours Completed	Accumulated Rest (hh:mm)
16:35	19:30	2:55	2:00	00:10
Witness 1		Witness 2		
Print Name ADAM MILLER		Print Name KATE TAYLOR		
Sign <i>Adam Miller</i>		Sign <i>Kate Taylor</i>		
REST				
Rest Sequence:		2		
Start Time (hh:mm)		Finish Time (hh:mm)		
19:30		19:45		
Total Rest Time Available Up To Now (hh:mm)		00:25		
Taken Now (hh:mm)		00:15		
Rest Time Carried Forward (hh:mm)		00:10		
Witness 1		Witness 2		
Print Name ADAM MILLER		Print Name KATE TAYLOR		
Sign <i>Adam Miller</i>		Sign <i>Kate Taylor</i>		
Total Record Attempt Hours		7 hours 45 mins		