

# GUINNESS WORLD RECORDS

ACTIVITY LOG BOOK TEMPLATE FOR 'LONGEST MARATHON' RECORDS ONLY



Activity			
Activity Sequence:			
Start time (hh:mm)	Finish time (hh:mm)	Completed hours & minutes (hh:mm)	Accumulated Rest (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 (min)	
Taken Now (min)	
Rest Time Carried Forward (min)	
Witness 1*	
Witness 2*	
Print name .....	
Sign .....	

\*Please note that witnesses cannot work for longer than 4 hours and can only return after 4 hours break.

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Activity			
Activity Sequence:			
Start time (hh:mm)	Finish time (hh:mm)	Completed hours & minutes (hh:mm)	Accumulated Rest (mm)
Witness 1		Witness 2	
Print name .....		Print name .....	
Sign .....		Sign .....	

\*\*Please note that you only accrue 5 minutes rest time after each uninterrupted hour of activity completed.

Rest	
Rest Sequence:	
Start	Finish
Total Valid Time Available Up to Now (min)	
Taken Now (min)	
Rest Time Carried Forward (min)	
Witness 1	Witness 2
Print name .....	Print name .....
Sign .....	Sign .....



### Example of a FILLED-OUT LOGBOOK

Activity			
Activity Sequence:		1	
Start time (hh:mm)	Finish time (hh:mm)	Completed hours & minutes (hh:mm)	Accumulated Rest (mm)
12:00	16:30	4:00	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 (min)	20 min
Taken Now (min)	5 min
Rest Time Carried Forward (min)	15 min
Witness 1*	Witness 2*
Print name Adam Miller	Print name KATE Taylor
Sign <i>Adam Miller</i>	Sign <i>Kate Taylor</i>

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Activity			
Activity Sequence:		2	
Start time (hh:mm)	Finish time (hh:mm)	Completed hours & minutes (hh:mm)	Accumulated Rest (mm)
16:35	19:30	2:55	10 min**
Witness 1		Witness 2	
<b>Print name</b> ADAM MILLER  <b>Sign</b> <i>Adam Miller</i>		<b>Print name</b> KATE Taylor  <b>Sign</b> <i>Kate Taylor</i>	

\*\*Please note that you only accrue 5 minutes rest time after each uninterrupted hour of activity completed.

Rest	
Rest Sequence:	2
Start	Finish
19:30	19:45
Total Valid Time Available Up to Now (min)	25 min
Taken Now (min)	15 min
Rest Time Carried Forward (min)	10 min
Witness 1	Witness 2
<b>Print name</b> Adam Miller  <b>Sign</b> <i>Adam Miller</i>	<b>Print name</b> KATE Taylor  <b>Sign</b> <i>Kate Taylor</i>