



<b>Crew of 5 (2 watches per crewmember per day)</b>															
(longer watches with 8 to 14 hours between watches)															
(putting the longer watches earlier means that crew who have been on an early morning watch get a longer sleep afterwards)															
	Hours	2	2	4	4	3	3	2	2	2					
	Time	24>2	2>4	4>8	8>12	12>15	15>18	18>20	20>22	22>24					
Day															
1		1	2	3	4	5	1	2	3	4					
2		5	1	2	3	4	5	1	2	3					
3		4	5	1	2	3	4	5	1	2					
4		3	4	5	1	2	3	4	5	1					
5		2	3	4	5	1	2	3	4	5					
6		Start over													
<b>Crew of 5 (3 watches per crewmember per day)</b>															
(shorter watches with 5 to 8 hours between watches)															
	Hours	2	2	2	2	2	1	1	1	1	2	2	2	2	
	Time	24>2	2>4	4>6	6>8	8>10	10>11	11>12	12>13	13>14	14>16	16>18	18>20	20>22	22>24
Day															
1		1	2	3	4	5	1	2	3	4	5	1	2	3	4
2		5	1	2	3	4	5	1	2	3	4	5	1	2	3
3		4	5	1	2	3	4	5	1	2	3	4	5	1	2
4		3	4	5	1	2	3	4	5	1	2	3	4	5	1
5		2	3	4	5	1	2	3	4	5	1	2	3	4	5
6		Start over													
<b>Crew of 6 (2 watches per crewmember per day)</b>															
(8 to 11 hours between watches - less if 2 crew on deck)															
	Hours	2	2	2	2	2	3	3	2	2	2	2			
	Time	24>2	2>4	4>6	6>8	8>10	10>13	13>16	16>20	18>20	20>22	22>24			
Day															
1		1	2	3	4	5	6	1	2	3	4	5			
2		6	1	2	3	4	5	6	1	2	3	4			
3		5	6	1	2	3	4	5	6	1	2	3			
4		4	5	6	1	2	3	4	5	6	1	2			
5		3	4	5	6	1	2	3	4	5	6	1			
6		2	3	4	5	6	1	2	3	4	5	6			
7		Start over													
If you want, say, 2 crew on deck then each crewmember should be on deck for the watch before theirs as well as their own.															
<b>Crew of 7 (2 watches per crew member per day)</b>															
(10 to 12 hours between watches - less if 2 or 3 crew on deck)															
	Hours	2	2	2	2	2	2	1	1	2	2	2	2	2	
	Time	24>2	2>4	4>6	6>8	8>10	10>12	12>13	13>14	14>16	16>18	18>20	20>22	22>24	
Day															
1		1	2	3	4	5	6	7	1	2	3	4	5	6	
2		7	1	2	3	4	5	6	7	1	2	3	4	5	
3		6	7	1	2	3	4	5	6	7	1	2	3	4	
4		5	6	7	1	2	3	4	5	6	7	1	2	3	
5		4	5	6	7	1	2	3	4	5	6	7	1	2	
6		3	4	5	6	7	1	2	3	4	5	6	7	1	
7		2	3	4	5	6	7	1	2	3	4	5	6	7	
8		Start over													
If you want, say, 3 crew on deck then each crewmember should be on deck for the watch before theirs and the watch after.															