If you operate on the period of 70 hours in 8 days, use the summary sheet on the left; if you operate on the period of 60 hours in 7 days, use the summary sheet on the right.

The	figures 1	to 31 repre	esent cale	ndar days,	t on the right. and entries sho (0) in first colum	ould be in and c	made fo	or each da other colu	y - even w mns as ex	hen drive	r does low.	Cor
Hours Worked Today DRIVERS ONLY					Enter the laspaces the first during hours at the darmer	·	Hours Worked Today 60 HR/7 DAY DRIVERS ONLY			AY	Company Name	
Day of mo.	(Total of lines 3 & 4 on graph)	Α	В	С	under t space the last and ent end of mys of m	the nur	Day of mo.	(Total of lines 3 & 4 on graph)	Α	В	С	Na
Last 7 days of preceding month		Total hours on-duty last 7 days - OR - Total hours on-duty since restart	Hours available tomorrow. 70 hours minus col. A	Total hours on-duty last 8 days – OR – Total hours on-duty since restart	spaces under the column headed "Hours Worked Today". Enter in the first space under Column A the Total of the number of hours worked during the last 7 days. Subtract the figure entered in Column A from 70 hours and enter this figure - hours available for fromorow - in Column B. At the end of each day, complete the first three columns adjacent to the days of month in the same manner as explained above. Total the	70 HOUF The last seven days of the preceding month in the first seven	Last 6 days of preceding month		Total hours on-duty last 6 days – OR – Total hours on-duty since restart	Hours available tomorrow. 60 hours minus col. A	Total hours on-duty last 7 days - OR - Total hours on-duty since restart	me
1					Toda er of h Colun row - lumns d abo	iving)	1					
2					ay". E nours in A f in Col in Col adja ve. To	for e	2					
3					inter worke from 7 umn B umn B	70 HOURS - 8 DAYS or each of number of right any number of the control of the con	3					
4					8 8 6 8 8	JRS	4					Ā
5					don eas you on t	- 8 [5					Driver
6					done. Any driving t easy identification. 34-hour restart: If you have 70 hours on the day of the ro	DAYS	6					~
7					y driv tificat estai 70 h y of t	# hou	7					
8					ng th ion. t: If y ours a	rs wo	8		-			
9					at wa ou me availa start a	rked o	9					
10					s don et the ole ag	during	10					
11					e is a 34-h pain. Y	the I	11					
12					viola our re our w	ast 8	12					
13					start ould he fu	days no dr	13					~
14					done. Any driving that was done is a violation and should be circled for easy identification. a34-hour restart: frou meet the 34-hour restart requirements in §395.3, you have 70 hours available again. You would then begin your totaling on the day of the restart and not go back the full 7 or 8 days.	BDAYS Rumber of hours worked during the last 8 days and enter in Column C. If any number in Column C exceeds 70, no driving should have been	14					Month
15					ould temer egin 8 day	nter i shoul	15					=
16					be cir nts in your ys.	n Col	16					
17					cled f §395. totalir	umn (17					
18						3 5	18					
19					day in § beg	Foll	19					Year
20					days for last seven 34-hour restart: If in §395.3, you have begin your totaling the full 6 or 7 days.	ow t	20					ä
21					last s resta s, you ur tot or 7	he s	21					
22					even art: If have taling days.	ame et for	22					
23					days you 9 60 t	60 H instri	23					
24					and meet nours ne da	OUF uction	24					
25					60 ho the avai	ohou or or	25					
26					ours f 34-ho lable the r	60 HOURS - 7 DAYS instructions provided to 8 days - 70 hours, excep	26					
27					or 70 ur re agair estart	YS to xcept	27					Ter
28					days for last seven days and 60 hours for 70 hours. 34-hour restart: If you meet the 34-hour restart requirements in §395.3, you have 60 hours available again. You would then begin your totaling on the day of the restart and not go back the full 6 or 7 days.	60 HOURS - 7 DAYS Follow the same instructions provided for completing the summary sheet for 8 days - 70 hours, except substitute last six	28					Terminal
29					requir u wot not g	npleti	29					<u> </u>
30					remer uld th yo ba	ing t	30					
31					en ck	ž e	31					