

FEED AND MEDICATION SCHEDULE AND TRACKER

SWIM NAME, DATE: Big Long Lake Swim 40km

SWIMMER NAME: Jane Smith

OBSERVER NAME/SIGNATURE:

Jack Russell *JR* John Bennett *JB*

Ace = acetaminophen
Ibu = ibuprofen

SCHEDULE			
Feeds: Feed begins 1 hour after start 7oz every 30 minutes Snacks as requested	Medication: Before – ace 640mg 2:00hrs – ibu 500mg 4:00hrs – ace 640mg 6:00hrs – ibu 500mg	8:00hrs – ace 640mg 10:00hrs – ibu 500mg 12:00hrs – ace 640mg 14:00hrs – ibu 500mg	16:00hrs – ace 640mg 18:00hrs – ibu 500mg 20:00hrs – ace 640mg 22:00hrs – ibu 500mg

TRACKER												
Feed	Actual Time	Meds ✓	Actual fuel amount consumed, type	Pee ✓	Pic/Vid ✓	Track ✓	Water temp F	Air temp F	Wind M/H, Dir	Strokes per min	Notes	
before	23:30	✓ ace	—	/	/	/	/	/	/	/		
start	00:01	/	—	/	✓	✓	/	/	/	/		
1	00:32	/	—	/	✓	✓	65.7	60	1 NE	48		
2	01:00	/	7oz carb fuel	✓	✓	✓	65.3	66	1 NE	49	happy! ☺	
3	01:33	/	7oz carb fuel	✓	✓	✓	66.0	68	1 NE	48		
4	02:01	✓ ibu	6oz carb fuel	✓	✓	✓	66.7	72	1 E	48	changed goggles, light went out	