

Nutrition log

Sarah Thomas, Lake Powell

4-6 October 2016

Rules:

① At 2:30 (AM + PM) there should be an Advil (no recovery) feed.

② At 8:30 (AM + PM) there should be an Advil plus recovery feed.

Feed Log ③ **DO NOT EXCEED** 4 advil in 24-hours

Bottle #	Time New Bottle Started	Feed # for each bottle (should be 3)	Apple Juice/Electrolyte/Recovery	Advil? (Y/N)	Comments
Blue ①	9:30 AM	^(10 AM) (9:30 AM) (10:30)	apple juice	N	1st feed delayed 7 min to start on half hour
Green ②	11:00 AM	(11 AM) (1:30 AM) ^(Noon)	electrolyte	N	
Blue ③	12:30 PM	(12:30) (1:00 PM) (1:30 PM)	apple juice	N	
Green ④	2:00 PM	(2:00 PM) (3:00)	Electrolyte	N	
Red ⑤	2:30 PM	(2:30) (3:00) (3:30)	Electrolyte/Advil	Y	
Blue ⑥	4:00	(4 PM) (4:30 PM) (5 PM)	apple juice	N	
Green ⑦	5:30	(5:30) (6 PM) (6:30)	electrolyte	N	
Blue ⑧	7:00 PM	(7 PM) (7:30 PM) (8:00)	apple juice	N	
Red ⑨	8:30	8:30	Recovery/Advil	Y	whole feed gone at one feed
Green ⑩	9:00	(9:00 PM) (9:30) (10:00)	electrolyte	N	
Blue ⑪	10:30 AM	(10:30) (11:00) (12:00)	Apple Juice	N	*Feeds sent to barn after 10:30 AM feed (according to Jack)
Green ⑫	12:30 AM	(12:30)	Electrolyte.	N	*Blue at 1:00 AM *Feeds in brackets
Green ⑬	1:00 AM	1:00 AM 2:00 AM ^{1:30 AM}	electrolyte	N	Mel started shift; taking reverse-notes at 12:50 AM
Blue ⑭					

▶ bottle colors were hard to identify in the dark. The mixes delivered were correct, but the bottle colors were not.

16 min

flashlights

Bottle #	Time New Bottle Started	Feed # for each bottle (should be 3)	Apple Juice/Electrolyte/ Recovery	Advil? (Y/N)	Comments
Red 13 18-hr	2:30AM	2:30AM 3:00AM 3:30AM	APPLE JUICE	Y (18-hr bottle)	*35 carbopro bags left as of end of 1:30AM feed
14					
Green 14 17	4:00AM	4:00AM 4:30AM 5:00AM	ELECTROLYTE	N	
Blue 15 18	5:30AM	5:30AM 6:00 6:30 AM	APPLE JUICE	N	on boat @ 5:45a
Green 16 18	7:00AM	7:00AM 7:30AM (8:00) 1N	ELECTROLYTE	N	on boat @ 5:45a
Red 17 24-hr	8:30AM	8:30am + Carrots + Cookie	RECOVERY	Y 24-HR	pre-made @ 5:45a
18 Blue 19	9:00AM	9:00am 9:30am 10:00	APPLE JUICE	N	on boat @ 5:45a
19 Green 20	10:30AM	10:30 11:00 11:30	ELECTROLYTE	N	pre-made @ 5:45a Added more electrolyte
20 Blue 21	12:00PM	12:00 12:30 1:00	APPLE JUICE	N	pre-made @ 5:45a Fresh bottle made @ 11:00am
21 Green 22	1:30 PM	** 2 feeds only - save leftovers 1:30 2:00	ELECTROLYTE	N	pre-made @ 5:45a
Red 23 30-hr	2:30 PM	(corrected) 2:30 3:00 3:30	APPLE JUICE	Y 30-HR	pre-made @ 5:45a offered straight apple juice -
24 Green 25	4:00 PM	4:30 5:00	ELECTROLYTE	N	pre-made @ 5:45a *started warm feeds, made new
25 Blue 26	5:30 PM	6:00 6:30	APPLE JUICE	N	pre-made @ 5:45a risotto sent to boat w/ 6pm
26 Green 27	7:00 PM	7:30 8:00	ELECTROLYTE + caffeine	N	pre-made @ 3:30p ASK about swapping for caffeine
Red 28 36-hr	8:30 AM	9:00PM	RECOVERY	Y 36-HR	pre-made @ 3:30p *SS request in 2 feeds
29 Blue 30	9:00 PM	9:30/10:00	APPLE JUICE	N	pre-made @ 3:30p feed swap to boat @ 10 pm

on boat @ 5:45am: 2/3 blue 1 green
1 blue

caff. in green bottle

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Blue	10:30 PM	10:30 PM / 11:00 PM	ELECTROLYTE	N	pre-made @ 3:30p
Green 37	* stretched to 4 feeds	11:30 PM / 12 AM	+ caffeine APPLEJUICE	N	on boat * landing at 11:30 PM 4th feed was spilled
Blue	12:00 AM	12 AM / 12:30 AM			
Blue 38		* 2 feeds only. Save leftover. 1 AM	ELECTROLYTE	N	pre-made @ 10:15 PM } on boat at 12:10 AM
Green 39	1:30 AM	1:30 AM / 2:00 AM	+ caffeine	Y 42-HR	pre-made @ 3:30p
Red 40	2:30 AM	2:30 AM / 3:00 AM	ELECTROLYTE		pre-made @ 10:15 PM
42-hr 31		3:30 AM ✓	APPLEJUICE		on boat
Green 35	4:00 AM	4:00 AM / 4:30 AM	ELECTROLYTE	N	@ 3:40 AM + trisotto! (3rd helping)
Blue 36	5:30 AM	5:00 AM / 5:30 AM	+ caffeine APPLEJUICE	N	1/3 of
Green 37	7:00 AM	4:00 AM / 6:00 AM	APPLEJUICE	N	Green Feed spilled
Red 48-hr 38	8:30 AM	7:45 AM finished ✓	ELECTROLYTE + caffeine RECOVERY	Y 48-HR	* Advil delivered :30 early
Blue 39	9:00 AM	8:00 AM ✓	APPLEJUICE	N	
Green 40	10:30 AM	9:30 AM ✓	ELECTROLYTE	N	sent to boat
Blue 41	12:00 PM	9:00 AM ✓	+ caffeine APPLEJUICE	N	@ 9:15 AM T2 change - hard to track feed times
Green 42	1:00 PM	10:30 AM / 11 AM	ELECTROLYTE	N	
Red 54-hr 43	2:30 PM	12 PM finished (12:30 P)	APPLEJUICE	Y 54-HR	sent to boat
Green 44	4:00 PM	* 2 feeds only. Save leftover.	ELECTROLYTE	N	@ 1:45 PM
Blue 45	5:30 PM		APPLEJUICE	N	
Green 46	7:00 PM		ELECTROLYTE	N	

5:15 AM >> What's on the boat?
 1 Green
 2/3 Blue
 1 hot water