	2400-0600	0600-0630	0630-1130	1130-1200	1200-1800	1800-1830	1830-2330	2330-2400
3/25/2023	watch	meal	rest/sleep	meal	watch	meal	rest/sleep	meal
3/26/2023	watch	meal	rest/sleep	meal	watch	meal	rest/sleep	meal
3/27/2023	watch	meal	rest/sleep	meal	watch	meal	rest/sleep	meal
3/28/2023 watch - incident occoured 0220								