Daily Journal Section 2- Bridge Watchkeeping Based on the contents of the STCW Code 1978 as amended					
The Regulation	Questions	Your own observation to you officer of the watch, during your OBT.	You own plan		
Regulations Section A-VIII/2 Part 4	Policy and Responsibilities of the OOW	How did the officer of the watch ensure that this responsibilities can be accomplish?	How will you ensure the policies and responsibilities can be accomplish.		
Part 4.1 Principles to be observed in keeping a navigational watch.	THE LOOKOUT Paragraph 14, 15 & 16	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		
	Taking over the Watch paragraph 19,20, 21, 22 and 23	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		
	Performing a navigational watch Paragraph 24, to 42	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		
	Watchkeeping under different condition and different areas, paragraph 43 to 51	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		

Daily Journal Section 1- Watchkeeping in Port and other duties Based on the contents of the STCW Code 1978 as amended					
The Regulation	Questions	Your own observation to you officer of the watch, during your OBT.	You own plan		
Regulations Section A-VIII/2 Part 5	Policy and Responsibilities of the OOW	How did the officer of the watch ensure that this responsibilities can be accomplish?	How will you ensure the policies and responsibilities can be accomplish.		
Part 5 Principles to be observed in keeping a Deck watch.	Part 5.2 Taking over the Deck Watch paragraph 98 & 99	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		
	Part 5.3 Performing a Deck watch Paragraph 102	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		

Daily Journal Section 1- Watchkeeping and duties						
Based on the contents of the STCW Code 1978 as amended						
The Regulation	Questions	Your own observation to you officer of the watch, during your OBT.	You own plan			
Regulations Section A-VIII/2 Part 4	Policy and Responsibilities of the OOW	How did the officer of the watch ensure that this responsibilities can be accomplish?	How will you ensure the policies and responsibilities can be accomplish.			
Part 4.2 Principles to be observed in keeping a Engineering watch.	Taking over the Watch paragraph 57 to 58	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?			
	Performing a Engineering watch Paragraph 59, to 79	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?			
	Watchkeeping under different condition and different areas, paragraph 80 to 83	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?			

Daily Journal Section 2- Engine Room Watchkeeping Based on the contents of the STCW Code 1978 as amended					
The Regulation	Questions	Your own observation to you officer of the watch, during your OBT.	You own plan		
Regulations Section A-VIII/2 Part 4	Policy and Responsibilities of the OOW	How did the officer of the watch ensure that this responsibilities can be accomplish?	How will you ensure the policies and responsibilities can be accomplish.		
Part 4.2 Principles to be observed in keeping a Engineering watch.	Taking over the Watch paragraph 57 to 58	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		
	Performing a Engineering watch Paragraph 59, to 79	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		
	Watchkeeping under different condition and different areas, paragraph 80 to 83	What are the activities that your officer was doing during the watch?	What are your planned activities that on this particular policy and responsibilities?		