

Jay Strahan Jr., NOBRA Pilot 38
72-Hour Profile

WEDNESDAY 2-7-07	THURSDAY 2-8-07	FRIDAY 2-9-07	SATURDAY 2-10-07
Woke approx. 6:00 am	Enroute to ship, onboard 1:15 am. , discharge 2:30 am. Launch boat from Bonne Carre to old Destrahan ferry landing, driver drove me to Reserve, then drove home. Arrived home approx. 5-5:30 am. Ate.	Woke about 5:30am .	Woke up 3:00 am for ship, got ready and drove to Grandview, dropped off car. Driver drove me to ship.
Ate approx. 7-7:30 am	Sleep from 6:00 am til 9:30 am	Ate about 7:00 am	
Got ready left home approx. 9:30-10:00 am.	Got ready, left home about approx. 10:00am, ran errands, drove to gym.	Got ready left home about 10:00 am, ran errands.	
Went to gym, arrived about 11 12 noon. Worked out ,ate left approx. 1-1:30pm.	Arrived at Gym approx. 11:30 am, worked out.	Ate around 11:00am	
Home approx. 2:30pm.	Left Gym appr. 12:45 pm.	Went to friends house about 1:00 pm.	
Got ready left home approx. 3:45 pm went around corner and watched daughters soccer game.	Stopped ate, Arrived home approx. 2:00 pm	Received phone call from office about 6:00 pm if interested in turn. Left friends house. Drove home	
Dropped off daughter approx. 5:30pm across town.	Got ready ,picked up daughter and couple of girls on soccer team from school. Approx. 2:45pm	At home approx. 6:30 pm. Ate, shower, then watch t.v. in bed.	
Home 5:45 pm pm. Ate.	Drove to Covington ,La. For game. Arrived at approx. 3:40 pm	Approx. 8:00 pm went to sleep	
Ready for bed, watched tv.	Departed Game at approx. 5:30 pm.		
Asleep approx. 6:45pm.	Dropped off daughter at her house approx. 6-6:30 pm.		
Woke approx. 10:30 pm. For turn.	Home approx. 6:30-6:45pm. Ate.		
Left home approx. 11:00 pm	Ready for bed,		
	Watch t.v., Asleep approx. 9:00 pm		