

Crew Member (Rank/Name)	
Mission	
Date	

PERSONAL CHECKLIST A			
HEALTH & STRESS RISK FACTORS	0 Points Each (LOW) Green	1 Point Each (MODERATE) Yellow	2 Points Each (HIGH) Orange
12+hr Work/Duty Days Past Week	Minor	Elevated	Serious
Personal/Family Stress (health, finance, relationship, etc.)	Minor	Elevated	Serious
Work/Career Stress	Minor	Elevated	Serious
Perceived Mission Pressure (external & internal)	Minor	Elevated	Serious
*SCORE:			
* Health and Stress Scoring: <ul style="list-style-type: none"> Total of all factors 7 or more: overall score SEVERE Any factor HIGH: overall score HIGH Total of all four factors 3 or more: overall score HIGH Total of all four factors 1-2: overall score MODERATE Total of all four factors 0: overall score LOW 			

PERSONAL CHECKLIST B			
FATIGUE RISK FACTORS	0 Points Each (LOW) Green	1 Point Each (MODERATE) Yellow	2 Points Each (HIGH) Orange
12+hr Work/Duty Days past Week	≤ 2 days	3 days	≥ 4 days
Combined Prior Sleep (past 72hrs/3 days)	> 18hrs	15-18hrs	< 15hrs
Sleep in Last 12hrs	> 6hrs	4-6hrs	< 4hrs
**SCORE:			
** Fatigue Scoring: <ul style="list-style-type: none"> Total of all factors 5 or more: overall score SEVERE Any factor HIGH: overall score HIGH Total of all factors 4: overall score HIGH Total of all factors 1-3: overall score MODERATE Total of all factors 0: overall score LOW 			