

			70 hour rule					
Date	Hours on duty	OD Hours last 7 days	Hours Available tomorrow	OD Hours last 8 days	miles	drive time	average MPH	
24-Sep	10.25							
25-Sep	11.50							
26-Sep	11.75							
27-Sep	4.25							
28-Sep	0.00							
29-Sep	10.50							
30-Sep	8.50	56.75	13.25					
1-Oct	7.75	54.25	15.75	64.50	438	7.50	58	
2-Oct	9.25	52.00	18.00	63.50	520	8.50	61	
3-Oct	12.00	52.25	17.75	64.00	757	11.50	66	
4-Oct	11.75	59.75	10.25	64.00	723	11.00	66	
5-Oct	9.75	69.50	0.50	69.50	593	9.25	64	
6-Oct	0.00	59.00	11.00	69.50	0	0.00		
7-Oct	8.75	59.25	10.75	67.75	556	8.25	67	
8-Oct	5.75	57.25	12.75	65.00	240	5.00	48	
9-Oct	7.00	55.00	15.00	64.25	461	6.75	68	
10-Oct	6.75	49.75	20.25	61.75	320	6.00	53	
11-Oct	6.00	44.00	26.00	55.75	235	5.25	45	
12-Oct	0.00	34.25	35.75	44.00	0	0.00		
13-Oct	0.00	34.25	35.75	34.25	0	0.00		
14-Oct	0.00	25.50	44.50	34.25	0	0.00		
15-Oct	0.00	19.75	50.25	25.50	0	0.00		
16-Oct	0.00	12.75	57.25	19.75	0	0.00		
17-Oct	0.00	6.00	64.00	12.75	0	0.00		
18-Oct	0.00	0.00	70.00	6.00	0	0.00		
19-Oct	9.50	9.50	60.50	9.50	593	9.00	66	
20-Oct	5.50	15.00	55.00	15.00	359	5.25	68	
21-Oct	8.25	23.25	46.75	23.25	414	8.00	52	
22-Oct	0.00	23.25	46.75	23.25	0	0.00		
23-Oct	0.00	23.25	46.75	23.25	0	0.00		
24-Oct	0.75	24.00	46.00	24.00	25	0.50	50	
25-Oct	9.50	33.50	36.50	33.50	462	8.75	53	
26-Oct	4.50	28.50	41.50	38.00	271	4.00	68	
27-Oct	10.00	33.00	37.00	38.50	593	9.50	62	
28-Oct	4.25	29.00	41.00	37.25	190	4.00	48	
29-Oct	8.00	37.00	33.00	37.00	363	7.25	50	
30-Oct	10.50	47.50	22.50	47.50	644	10.00	64	
30-Oct	10.25	57.00	13.00	57.75	504	9.50	53	