

DAILY WALKING ACTIVITIES COORDINATION MATRIX

Zaman	07:00-08:00	08:00-09:00	09:00-10:00	10:00-11:00	11:00-12:00	12:00-13:00	13:00-14:00	14:00-15:00	15:00-16:00	16:00-17:00	17:00-18:00	18:00-19:00	19:00-20:00	20:00-21:00	21:00-22:00	
	07:00	08:00	09:00	10:00	11:00	12:00	13:00	14:00	15:00	16:00	17:00	18:00	19:00	20:00	21:00	22:00
Prep Breakfast			Break 10 min.	Break 30 min.			Lunch Break 60 min.			Break 10 min.	Day Finished Camp Build 60 dk.	Dinner 60 min.	Daily Assessment Following day planning and coordination.	Daily log boog writing, social media, communication, phsyotherapi	Rest	
i	Walking 1st Part. 5,1 - 5,5 km/h 15 km. Phase 1			i	Walking 2nd Part. 4,5 - 5,1km/h 10 km. Phase 2			i	Walking 3rd Part. 5,1 5,5 km/h 10 km > Phase 3				i			
Radio Contact 1				Radio Contact 2					Radio Contact 3		Radio contact 4	Cart and Equipment Check & Maintenance			Contact Coord. Cent.	
				Coord. Cent. Contact			Logistic				Logistic					
							Cargo Receive				Cargo Receive					
											Contact Coord. Cent					
	Talking, Video Record , Photographing				Talking, Video Record , Photographing				Talking, Video Record , Photographing							
Solar Panel Power Bank Battery Charge																
													Watch, Mobile Phone, Go Pro, Sat.Phone, Hand Radio, Computer Charges.			