



Period Diving Logbook Check

Small A6 printout for paper logbooks. Track patterns, not private details.

Before the dive

Date / cycle day:	_____
Symptoms 0-3:	None Mild Medium Strong
Planned max / avg depth:	_____ m / _____ m
Water temp / suit:	_____ C / _____
Weight today:	_____ kg
Plan:	Normal Easy Skip

- [] I checked if cramps, PMS, fatigue or focus could affect this dive.
- [] I chose an easier profile if my body feels different today.
- [] Buddy knows the practical part: gas may go faster, or I may want an easier dive.

After the dive

Max / avg depth:	_____ m / _____ m
Dive time:	_____ min
Start / end pressure:	_____ bar / _____ bar
Turn pressure:	_____ bar
Gas use compared with normal:	Same Higher Much higher
Needed extra weight:	No +0.5 kg +1 kg Other



What changed underwater?

Compare this with similar normal-day dives: same depth, current, water temperature and gear.

Mark what you noticed

- ☐ Buoyancy felt normal.
- ☐ Buoyancy felt messy or harder to hold.
- ☐ Trim felt different.
- ☐ I felt colder than usual.
- ☐ Direction or navigation felt harder.
- ☐ Focus felt lower than usual.
- ☐ Stamina dropped during the dive day.
- ☐ Cramps or stomach discomfort distracted me.
- ☐ Surface interval needed more rest.
- ☐ Shallower or shorter profile felt better.

Next time, adjust

- ☐ Pick shallow reef instead of deep wall.
- ☐ Use higher turn pressure.
- ☐ Shorten the dive.
- ☐ Add 0.5 kg or 1 kg only after a buoyancy check.
- ☐ Skip strong current or navigation-heavy dive.
- ☐ Do fewer dives that day.

Note: This is a planning tool, not medical advice. If pain, dizziness, faintness or symptoms are strong, skip the dive and speak with a medical professional or dive medicine doctor.