

REST & MEAL PERIOD VARIATION ACKNOWLEDGMENT

Meal Break:

_____ I understand that I am entitled to a 30-minute duty-free unpaid meal period when I work more than five hours in a work period.

I understand the meal period must start before the 5th hour of work.

I acknowledge I was given the opportunity to begin my 30 minute meal period before the 5th hour. However, by my own free will and choice, I independently delayed and/or shortened this meal period.

I further acknowledge that my employer did not in any way require, impose, or encourage this meal break variation.

Rest Break:

_____ I understand that I am entitled to the following 10-minute paid rest breaks:

Shift Length	Paid 10-minute Rest Breaks
3.5 to 6 Hours	1
6.1 to 10 Hours	2
10.1 to 14 Hours	3
14+ Hours	At Least 4

I understand these breaks are dispersed as evenly as possible throughout the shift and cannot be combined with any other meal or rest periods.

I acknowledge I was given the opportunity to take my rest break(s). However, by my own free will and choice, I independently decided to forgo, delay, or shorten my rest break(s).

I further acknowledge that my employer did not in any way require, impose, or encourage this rest break variation.

Employee Signature: _____ Date: _____

Print Name: _____