

CREW OFF DUTY

GMT	CREW	ACTIVITY / ODF or r/g
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:20-10:20	FE-1	Physical exercise (TVIS)
10:20-11:50	CDR	Physical Exercise (TVIS) Day 2
10:50-12:20	FE-1	Physical exercise (RED)
12:20-12:35	CDR	Private psychological conference (VHF)
13:00-14:00		LUNCH
14:00-14:30	CDR	COЖ maintenance <i>Inspection of БРПК separator</i>
17:15-18:15	CDR	Physical Exercise (VELO +Load Trainer-1) Day 2
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list:	CDR	ECON. Observation and photo imagery /

Note: See OSTP for references to US activities.

End of radiogram