

CREW OFF DUTY

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:30-10:30	FE-1	Physical exercise (TVIS)
10:30-12:00	FE-1	Physical exercise (RED)
11:00-12:00	CDR	Physical exercise (TVIS) day 2
12:00-12:30	CDR	Physical exercise (RED)
12:30-13:30	.	LUNCH
14:55-15:10	FE-1	PFC (<i>S-band</i>)
15:45-16:15	CDR	COX maintenance
17:15-18:15	CDR	Physical exercise (VELO + Force Loader/ cycle 1) day 2
18:15-18:45	.	Daily plan review
18:45-19:00	.	DPC (<i>S-band</i>)
19:00-19:30	.	Report prep
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	NEUROCOG. Equipment setup
		DIATOMEA. Ocean observation
		PLANTS-2. Hardware monitoring
		URAGAN. Earth observation and photo imagery
		KROMKA-1.Photo imagery
		БСПН log-file upload via ISS WIENER

Note: See OSTP for references to USOS activities

End of radiogram