

Radiogram No. 642u

Form 24 for 07/05/2009

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-2,FE-3	Morning Inspection
06:00-06:05	FE-1,FE-4,FE-5	SLEEP Data Logging
06:05-06:15		Morning Inspection
06:10-06:40	CDR,FE-2,FE-3	Post-sleep
06:15-06:45	FE-1,FE-4,FE-5	
06:40-07:30	CDR,FE-2,FE-3	BREAKFAST
06:45-07:35	FE-1,FE-4,FE-5	
09:05-10:35	FE-4	Physical Exercise (IRED)
09:20-10:35	FE-2	Physical Exercise (VELO)
10:00-10:15	FE-5	Private Family Conference (<i>S+Ku-band</i>)
10:35-11:35	FE-4	Physical Exercise (CEVIS)
10:35-11:50	FE-2	Physical Exercise (IRED)
11:30-12:30	CDR	Physical Exercise (TVIS), day 1
12:00-13:00	FE-5	Physical Exercise (CEVIS)
	FE-3	Physical Exercise (IRED)
12:30-13:00	CDR	Post-Exercise Hygiene Procedure
13:00-14:00	.	LUNCH
14:20-15:00	FE-3	COЖ Maintenance. <i>Flush Counter (CП), Water Supply System (CBO), Potok Air Purification System Data Calldowns</i>
15:20-16:50	FE-5	Physical Exercise (IRED)
15:45-16:45	FE-1	Physical Exercise (CEVIS)
16:15-17:15	FE-3	Physical Exercise (TVIS), day 4
16:45-18:15	FE-1	Physical Exercise (IRED)
17:15-18:15	CDR	Physical Exercise (VELO), day 1
17:15-17:45	FE-3	Post-Exercise Hygiene Procedure
18:15-19:05	.	Evening Work Prep
19:05-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-20:35	FE-1	Pre-sleep
19:30-21:10	FE-2	
19:30-21:30	CDR,FE-3,FE-5	
19:30-19:40	FE-4	
19:40-19:55		Private Family Conference (<i>S+Ku-band</i>)
19:55-21:30		Pre-sleep
20:35-20:50	FE-1	Private Family Conference (<i>S+Ku-band</i>)
20:50-21:30	FE-1	Pre-sleep
21:10-21:25	FE-2	Private Family Conference (<i>S+Ku-band</i>)
21:25-21:30		Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	ECON. Observations and Photography

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ Report to MCC

2. See OSTP for references to US activities
 3. ***Pre-sleep***: dinner, daily food prep, evening toilet
- End of Radiogram