

CREW OFF DUTY

| GMT | CREW | ACTIVITY |
|-------------|------|--|
| 06:00-06:10 | | Morning inspection |
| 06:10-06:40 | | Post-sleep |
| 06:40-07:30 | | BREAKFAST |
| 07:30-07:35 | CDR | CDRA deactivation |
| 07:35-10:35 | | Weekly housekeeping |
| 11:25-11:40 | FE-1 | Private psychological conference (VHF) |
| 12:30-13:30 | CDR | Physical exercise (CEVIS) |
| 12:30-13:30 | FE-1 | Physical Exercise (VELO+RED) -1 |
| 13:30-14:30 | | LUNCH |
| 14:40-15:10 | | Weekly planning conference (<i>S-band</i>) |
| 15:15-16:45 | FE-1 | Replacement of ACY Pretreat and Water Dispenser (ДКиВ) |
| 16:45-18:15 | FE-1 | Physical Exercise TVIS-1 |
| 16:55-18:25 | CDR | Physical Exercise (RED) |
| 18:25-18:30 | CDR | Transfer TVIS, RED, and HRM data to MEC |
| 18:30-19:00 | | DINNER |
| 19:00-19:30 | | Daily food prep |
| 19:30-20:30 | | Pre-sleep |
| 20:30-05:00 | | SLEEP |

Note: See OSTP for references to US activities.

End of radiogram