

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:30	FE-1	Prep for return on Soyuz 214
07:30-07:35	CDR	RASTENIYA-2. Hardware monitoring
07:35-08:30	CDR	Prep for return on Soyuz 214
08:30-08:35	CDR	VHF comm. check before conference (10/18/04) with the Governor of Saratov Region
08:40-08:55	CDR	Motorola recharge: system set up, start of recharge
08:30-08:40	FE-1	FMK removal
08:40-08:45	FE-1	P/L stats check
09:10-10:40	FE-1	Physical Exercise (TVIS)
09:25-09:30	CDR	Motorola recharge monitoring
10:00-10:10	CDR	Motorola recharge: set up teardown, end of recharge
10:10-10:40	CDR	COX maintenance
10:40-11:40	CDR	Physical Exercise (TVIS)day 2
10:40-10:50	FE-1	Food questionnaire
11:40-12:10	CDR	Physical Exercise (RED)
12:10-12:40		Daily plan review
12:40-12:55		DPC ( <i>S-band</i> )
12:55-13:15		FD / ISS crew conference ( <i>S-band</i> )
13:15-13:45		Report prep
13:50-14:20		DINNER
14:20-14:50		Daily food prep
14:50-15:50		Pre-sleep
15:50-00:20		SLEEP
<b>Task List</b>	CDR	URAGAN

**Note:** See OSTP for references to US activities  
End of radiogram