

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning inspection
06:00-06:05	FE-2	SLEEP - data logging
06:05-06:10	FE-2	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:00-09:00		Weekly Housekeeping
09:00-10:30	CDR	Physical Exercise (TVIS), Day 3
10:00-10:10	FE-1	Terminate charge of the second Battery Pack 825M3 and start charging the first Battery Pack 825M3
10:30-11:30	CDR	Physical Exercise (VELO+RED) day 3
10:50-11:10	FE-1	Private Family Conference (<i>Ku + S-band</i>)
11:30-13:00	FE-1	Physical Exercise (TVIS), Day 3
12:00-13:00	FE-2	Physical Exercise (RED)
13:00-14:00	.	LUNCH
14:15-14:35	CDR	Private Family Conference (<i>Ku + S-band</i>)
15:00-16:00	FE-1	Physical Exercise (VELO+RED) day 3
15:09-15:24	FE-2	Private Psychological Conference (<i>Ku+S-band</i>)
15:41-15:54	FE-2	Private Family Conference (<i>Ku + S-band</i>)
16:00-17:30	FE-2	Physical Exercise (TVIS)
17:30-18:00	CDR	COЖ maintenance. CBO, CП counter data calldown. Report to MCC POTOK 150 MK total operation time
18:00-18:25	CDR	TV greetings to participants of Economics Forum in St. Petersburg (To = ,
18:15-18:25	FE-1,FE-2	18:01, T1, T2, T3 from CПП)
18:25-18:45	.	Evening work prep
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Evening work prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities.

End of Radiogram