

Radiogram 8210u
Crew off-duty

Form 24 for 06/13/04

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:40-08:55	CDR	Regeneration of БМП cartridge $\Phi 1$ (start)
10:00-11:30	FE -1	Physical Exercise (RED)
10:30-12:00	CDR	Physical Exercise (TVIS + RED) day 1
11:30-12:30	FE -1	Physical Exercise (TVIS)
12:30-13:30		LUNCH
13:30-16:30		Weekly housekeeping
16:30-17:00	CDR	COЖ maintenance (<i>Calldown on CП counter and CBO</i>)
17:00-18:00		Physical Exercise (VELO + Force Loader /cycle 1), day 1
19:30-20:00	CDR	Daily food prep
19:33-19:48	FE -1	PFC (<i>Ku+S-band</i>)
19:48-20:00	FE -1	Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	CDR	Cardiocog

See OSTP for references to US activities

End of radiogram