

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection
06:00-06:10	FE-1	Monthly station inspection (<i>БВПСО circuit breaker and DC-1 БПП-30, БПП-36 fuse inspection</i>)
06:10-06:40		Post-Sleep
06:40-07:30		BREAKFAST
09:25-09:40	FE-1	Private Family Conference (VHF)
10:15-12:30	CDR	PHYSICAL EXERCISE: (TVIS + RED)
11:30-12:30	FE-1	PHYSICAL EXERCISE (VELO+FL-1) – DAY 1
12:30-13:30		Lunch
14:00-14:05	FE-1	HAM Radio Hardware Setup
14:05-14:15		HAM Radio Session
14:20-14:25	CDR	Soyuz 7 (Expedition 8) PL Status Check
14:25-14:55		EarthKAM: Hardware Deactivation and Stowage
16:05-16:35	FE-1	COX Maintenance
16:35-18:05		PHYSICAL EXERCISE TVIS – DAY 1
17:00-17:30	CDR	Red Book Updates
17:50-18:05		Questionnaire – Log Entry
18:05-18:20		Daily Planning Conference (<i>S-band</i>)
18:20-18:50		Review of Next Day's Plan
18:50-19:20	CDR	Work Prep
19:00-19:30	FE-1	
19:20-19:30	CDR	PromISS 3 – Tape Change Out
19:30-20:00		DINNER RENAL – Pill Ingestion
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep
Task List	FE-1	Equipment Search

Note: Cf. OSTP for missing references to US activities.
End of Radiogram