

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
11:00-12:30	FE-1	Physical Exercise TVIS day 3
12:30-13:30	.	LUNCH
15:15-15:30	FE-1	Private Psychological Conference (<i>UHF</i>)
15:25-17:40	CDR	Physical Exercise (TVIS+RED)
16:45-17:15	FE-1	COЖ Maintenance (БРПК separator inspection, calldown on CBO and СП counter)
17:15-18:15	FE-1	Physical Exercise (VELO+Force Loader-1) day 3
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: See OSTP for references to US activities
End of radiogram