

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:20-10:30	FE-1	Payload Server Unit [БСПН] log folder restore
10:30-12:00	FE-1	Physical Exercise (TVIS) Day 1
11:00-12:30	CDR	Physical exercise (RED)
12:00-12:20	FE-1	Private family conference (<i>Ku + S-band</i>)
12:30-13:30	.	LUNCH
15:00-16:00	CDR	Physical exercise (TVIS)
15:30-16:00	FE-1	COЖ maintenance
16:00-17:00	FE-1	Physical Exercise (TVIS) Day 1
17:00-17:30	.	Daily plan review
17:30-17:45	.	Daily planning conference (<i>S-band</i>)
17:45-18:15	.	Report prep
18:15-18:45	CDR	DINNER
18:30-19:00	FE-1	DINNER
18:45-19:00	CDR	Daily food prep
19:00-19:15	CDR	Private family conference (<i>Ku + S-band</i>)
19:00-19:30	FE-1	Daily food prep
19:15-19:30	CDR	Daily food prep
19:30-20:30	.	Pre-sleep
20:30-05:00	.	SLEEP
Task List	FE-1	PLANTS-2. Payload status check
		URAGAN Observation and photo imagery

Note: 1. See OSTP for references to US activities.
2. БИ-1: Ham radio session (reserve)

End of radiogram