

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:30-11:00	CDR	Physical Exercise (TVIS), day 3
10:30-11:30	FE-2	Physical Exercise (RED)
11:00-12:00	CDR	Physical Exercise (VELO + RED), day 3
11:10-11:25	FE-1	Private Psychological Conference (<i>VHF</i>)
11:30-13:00	FE-1	Physical Exercise (TVIS), day 3
12:40-12:55	CDR	Private Psychological Conference (<i>VHF</i>)
13:00-14:00	.	LUNCH
14:00-14:40	FE-1	COX maintenance
15:10-15:40	FE-2	Nutrition - Hardware set up for urine collection
15:30-16:30	FE-1	Physical Exercise (VELO + RED) day 3
15:40-16:00	FE-2	Nutrition: hardware setup
16:15-16:30	FE-2	Private Psychological Conference (<i>S + Ku-band</i>)
16:30-18:00	FE-2	Physical Exercise (TVIS)
18:10-18:25	.	Daily Planning Conference (<i>S-band</i>)
18:30-19:30	.	Evening work prep
19:30-20:00	CDR,FE-1	DINNER
19:30-19:45	FE-2	Private Family Conference (<i>S + Ku-band</i>)
19:45-20:15	FE-2	DINNER
20:00-20:30	CDR,FE-1	Daily Food Prep
20:15-20:30	FE-2	Daily Food Prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task list	CDR	URAGAN. Observation and photography
	FE-1	DIATOMEA. World Ocean Observations

Note: See OSTP for references to US activities.

End of Radiogram