

Radiogram 8422u

Form 24 for 07/18/04

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:45-10:00	CDR	PPC (<i>YKB</i>)
11:00-12:00		Physical Exercise (TVIS) - 4
12:00-12:30		Physical Exercise (RED)
12:30-13:30		LUNCH
15:45-17:15	FE -1	Physical Exercise (RED)
15:45-16:15	CDR	COX maintenance (Calldown on CBO and CП counter)
16:15-17:15		Physical Exercise (VELO + Force Loader/cycle 1), day 4
17:15-18:15	FE -1	Physical Exercise (TVIS)
18:15-18:30		Daily plan review
18:30-18:45		DPC (<i>S-band</i>)
18:45-19:00		Daily plan review
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Copying of БСПН data via ISS Wiener

Note: See OSTP for references to US data

End of radiogram