

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
11:00-12:00	CDR	Physical Exercise (TVIS) day 3
12:00-12:30		Physical Exercise (RED) day 3
12:25-12:30	FE-1	LAB window leak check
12:30-13:30		LUNCH
14:40-16:50	FE-1	Physical Exercise (TVIS+RED)
16:45-17:15	CDR	COЖ maintenance (<i>Inspection of БРПК separator, calldown on СП counter and CBO</i>)
17:15-18:15	CDR	Physical Exercise (VELO + Force Loader/ cycle 1) day 3
17:12-17:25	FE-1	PFC (<i>S + Ku-band</i>)
18:20-18:35		DPC (<i>S-band</i>)
18:35-19:00		Daily plan review
19:00-19:30		Prep for work
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	URAGAN
		DIATOMEA
		ECON
		ETD: Experiment ops (<i>in the morning before Physical Exercise</i>)

Note: See OSTP for references to US activities

End of radiogram