

CREW OFF DUTY

GMT	CREW	ACTIVITY
07:30-07:40	.	Morning inspection
07:40-08:10	.	Post-sleep
08:10-09:00	.	BREAKFAST
11:30-13:00	CDR	Physical exercise (TVIS), day 1
12:00-13:00	FE-1	EarthKAM: installation, activation
13:00-14:00	.	LUNCH
14:00-14:30	CDR	COЖ maintenance
14:15-14:25	FE-1	Transfer file from the Human Research Lab [ЛИЧ] Computer to Ops LAN for downlink to the ground
15:30-17:00	FE-1	Physical Exercise (RED)
17:00-18:00	FE-1	Physical Exercise (TVIS)
18:00-18:05	FE-1	Transfer TVIS, RED, and HRM data to MEC.
18:05-18:20	FE-1	HRF1 PC Hard Drive swap
18:20-18:35	FE-1	Questionnaire - log entry
18:30-19:30	CDR	Physical Exercise (VELO+Load trainer/Cycle 1), day 1
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities.
End of Radiogram