

Crew Rest

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45	CDR	Regeneration of Filter 2 cartridge in ? ? ? (end)
08:30-09:30	CDR, FE -2	HDTV. Video taping for crew medical examination. Session 1,2.
09:10-09:20	FE -1	Daily payload status check
09:30-10:30	CDR	Physical exercise (TVIS - 2)
10:00-11:30	FE -1	Physical exercise (RED)
10:30-11:30	FE -2	Physical exercise (TVIS - 2)
11:30-12:30	FE -1	Physical exercise (TVIS)
12:30-13:30		LUNCH
15:00-15:05	FE -1	IV-CPDS - powercycle
15:30-17:00	CDR	Physical exercise (???? +RED day 2)
16:30-18:00	FE -2	
16:55-17:35	FE -1	Maintenance of ? ? ?
17:35-18:15		Delta file prep for downlink
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (<i>S-band</i>)
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

Note:

1. See OSTP for references to US activities.
2. Task List : CDR, FE -2 : Progress No. 246 cargo transfer and IMS activities
3. Task List : CDR: "Uragan"
4. Task List : CDR: "Diatomea"
5. Task List : CDR: "Kromka"End of radiogram