

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE -1	LAB window leak check
09:00-10:00		Physical Exercise (TVIS)
10:00-11:30		Physical Exercise (RED)
11:00-12:30	CDR	Physical Exercise (TVIS + RED) day 1
12:30-13:30		LUNCH
13:30-14:00	CDR	COЖ maintenance ( <i>Calldown of CП counter and [CBO] data</i> )
15:30-15:45	FE -1	PFC ( <i>S + Ku-band</i> )
17:00-18:00	CDR	Physical Exercise (VELO + Force Loader/ cycle 1) day 1
18:00-18:15		Set up of PHS equipment and prep of Urilux hardware for MO-9
18:15-18:45		Daily plan review
18:50-19:05		DPC ( <i>S-band</i> )
19:05-19:30		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
<b>Task List</b>	CDR	ETD

**Note:** See OSTP for references to US activity  
End of radiogram