Crew Off-Duty

GMT	CREW	ACTIVITY
11:30-11:40		Morning inspection
11:40-12:10		Post-sleep
12:10-13:00		BREAKFAST
13:00-13:30	FE-1	BRASLET questionnaire
13:00-13:15	CDR	Install Airlock LTL jumper
14:00-15:00	FE-1	Physical exercise (VELO + Load Trainer-1 / day 2)
14:15-14:20	CDR	Duct reconfig for CCAA deactivation
15:00-16:00		LUNCH
16:00-16:40	CDR	СОЖ maintenance
16:40-16:55	CDR	PMC (S-band)
17:10-17:15	CDR	Call down O2 readings
17:10-17:25	FE-1	PMC (S-band)
17:15-18:15	CDR	Physical exercise (TVIS)
18:15-18:45		Daily plan review
18:45-18:55		Work prep
18:55-19:10		Daily planning conference (S-band)
19:10-19:30		Work 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: See OSTP for US procedure references

End of radiogram