

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
07:50-08:05	FE-1	Private Psychological Conference (<i>VHF</i>)
09:00-10:30	CDR	Physical Exercise - RED
10:30-11:30		Physical Exercise - TVIS
11:30-13:00	FE-1	Physical Exercise – TVIS – Day1
13:00-14:00	.	Lunch
16:45-17:15	FE-1	COЖ Maintenance / БРПК Separator Inspection
17:15-18:15		Physical Exercise (VELO + FL1) – Day 1
17:50-18:15	CDR	Report Prep
18:15-18:50	.	Review of Next Day's Plan
18:50-19:05		Daily Planning Conference (<i>S-band</i>)
19:05-19:30	FE-1	Report Prep
19:15-19:45	CDR	Dinner
19:30-20:00	FE-1	
19:45-20:00	CDR	Private Psychological Conference (<i>S-band</i>)
20:00-20:25		Food Prep
20:00-20:30	FE-1	
20:25-20:40	CDR	Private Family Conference (<i>S-band</i>)
20:30-21:30	FE-1	Pre-Sleep
20:40-21:30	CDR	
21:30-06:00	.	Sleep
Task List	FE-1	NEUROCOG. PCMCIA Card Checkout
		URAGAN. Observation and Photo Imagery

Note: cf. OSTP for missing references to US activities

End of Radiogram