

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-12:00	CDR	Physical Exercise (RED)
10:30-12:00	БИ-1	Physical Exercise (TVIS) day 2
12:00-13:00		LUNCH
13:35-14:05		Weekly planning conference (<i>S-band</i>)
15:40-15:45	CDR	Carbon dioxide level monitoring
15:45-16:00		All PCS reboot (once a week)
16:00-16:05		SSC OCA router reboot
16:25-16:50	БИ-1	TV Conference. 60 th birthday wishes to A. A. Akayev, Presidents of Kyrgyzstan. 55 th anniversary greetings to Science and Research Radio Institute/the Federal Government Unitary Enterprise (ФГУП НИИ) (To=16:24, T1, T2, T3 activation from СПП)
17:15-18:15	CDR	Physical Exercise (CEVIS)
17:15-18:15	БИ-1	Physical Exercise (VELO + Force Loader/cycle 1) day 2
18:15-18:45		COЖ maintenance
18:15-18:20	CDR	TVIS and RED exercise data transfer to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	БИ-1	ETD. Experiment ops

Note: See OSTP for reference to US activities

End of radiogram