

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
10:30-11:00	FE-1	Reboot all PCS (once per week)
10:30-11:30	КЭ	Physical exercise (TVIS-4)
11:00-11:05	FE-1	Automatic IMS file import/export файлов в IMS.
11:15-12:30		Physical exercise - TVIS
12:30-13:30		LUNCH
13:30-14:00		Weekly planning conference (<i>S-band</i>)
14:10-14:50	CDR	Maintenance of COЖ
14:50-14:55		БРПК-1 separator inspection
18:00-19:30		Physical exercise (TVIS-4)
18:15-19:30	FE-1	Physical exercise - RED
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 references to US activities**Task List:** DIATOMEA

End of radiogram