## Radiogram 7803u Crew off Duty, Deactivation of БСПН

GMT	CREW	ACTIVITY
06:00-06:10	i.	Morning inspection
06:10-06:40	i.	Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-1	RENAL: Food log
07:30-07:50	CDR	RENAL: Urine collection
07:50-08:10	FE-1	
07:50-07:55	CDR	RENAL: Food log
08:00-11:00		Weekend housekeeping
08:10-09:10		
09:25-10:45	FE-1	
10:45-11:00		Private family conference (VHF)
11:00-11:30		Weekend housekeeping
11:00-12:30	CDR	Physical Exercise (RED)
11:30-12:30	FE-1	Physical Exercise (TVIS) day 1
12:30-13:30		LUNCH
13:30-13:35		RENAL: Food log
13:35-14:05		Weekly planning conference (S-band)
14:05-14:25	FE-1	RENAL: Urine collection
14:05-14:20	CDR	Reboot all PCS (once a week)
14:20-14:25	ODIC	Reboot SSC OCA router
14:25-14:45	FE-1	RENAL: Urine collection
14:45-15:15		СОЖ maintenance
14:45-15:05	CDR	RENAL: Urine collection
15:10-15:25	ODIC	PPC (S-band)
15:15-15:35	FE-1	RENAL: Urine collection
15:35-17:05	- '	Physical Exercise (TVIS) day 1
15:45-16:05	CDR	RENAL: Food log
16:05-17:05	OBIC	Physical Exercise (CEVIS)
17:05-17:10		RENAL: Food log
17:10-17:30	CDR	RENAL: Urine collection
17:30-18:00		DINNER. (Renal: pill ingestion)
18:00-18:30		Daily food prep
18:30-19:30		Pre-sleep
19:30-04:00		SLEEP
Task List	FE-1	PULSE (to be performed in the morning before Physical Exercise)
		Equipment prep for return on Soyuz 213
		Plug-in plan audit

Note: See OSTP for references to US activities

End of radiogram