

R/G 8781u

Form 24 for 09/12/04

CREW REST

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:30-10:30	FE-1	Physical exercise TVIS
10:00-10:15	CDR	PPC (<i>YKB</i>)
10:30-12:00	FE-1	Physical exercise RED
11:00-12:00	CDR	Physical exercise TVIS – day 3
12:00-12:30		Physical exercise RED
	FE-1	Upload of network traffic monitoring unit software
12:30-13:30	.	LUNCH
16:45-17:15	CDR	COЖ maintenance
17:00-17:15	FE-1	PFC (<i>Ku+S-band</i>)
17:15-18:15	CDR	Physical exercise (VELO+Force Loader-1) – day 3
18:15-18:45		Daily plan review
18:45-19:00		DPC (<i>S-band</i>)
19:00-19:30		Report prep
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	CDR	Copying of data from БСПН to flash-card via ISS Wiener
		RASTENIYA-2. Water tank tophoff
		RASTENIYA-2. Monitoring of hardware operation
		PULSE. Experiment ops (<i>NET 30 min after breakfast, at rest, during morning</i>)
		URAGAN

Note: See OSTP for references to US activities

End of r/g