CREW OFF-DUTY. SM SA 2,4 EFFICIENCY TEST

GMT	CREW	ACTIVITY	
06:00-06:10		Morning Inspection	
06:10-06:40		Post-sleep	
06:40-07:30		BREAKFAST	
09:15-10:45	CDR	Physical Exercise (TVIS), day 3	
10:45-12:15	FE-1	Physical Exercise (TVIS), day 3	
10:45-12:15	FE-2	Physical Exercise (RED)	
12:00-12:20	CDR	Private Family Conference (Ku + S-band)	
12:15-13:15	FE-2	Physical Exercise (TVIS)	
13:15-14:15		LUNCH	
14:15-14:30	FE-2	Psychological Evaluation Program (WinSCAT)	
14:45-15:05		Weekly Housekeeping	
15:05-15:20		Private Psychological Conference (Ku + S-band)	
15:20-18:00		Weekly Housekeeping	
16:15-17:15	CDR	Physical Exercise (VELO+RED) day 3	
17:15-17:55	CDR	СОЖ Maintenance.	
17:15-18:15	FE-1	Physical Exercise (VELO+RED) day 3	
18:05-18:10	FE-2	JEM Window Shutter Closure	
18:10-18:15		LAB Window Shutter Closure	
19:15-19:30		Daily Food Prep	
19:30-20:00		DINNER	
20:00-20:30	CDR,FE-1	Morning Inspection Post-sleep BREAKFAST Physical Exercise (TVIS), day 3 Physical Exercise (RED) Private Family Conference (Ku + S-band) Physical Exercise (TVIS) LUNCH Psychological Evaluation Program (WinSCAT) Weekly Housekeeping Private Psychological Conference (Ku + S-band) Weekly Housekeeping Physical Exercise (VELO+RED) day 3 COX Maintenance. Physical Exercise (VELO+RED) day 3 JEM Window Shutter Closure LAB Window Shutter Closure Daily Food Prep	
20:00-20:05	FE-1 FE-2 CDR FE-2 . FE-2 CDR CDR CDR FE-1 FE-1		
20:05-20:20	FE-2	Private Family Conference (Ku + S-band)	
20:20-20:30		Daily Food Prep	
20:30-21:30		Pre-sleep	
21:30-06:00		SLEEP	
Task List	FE-1	PLANTS-2. Payload Status Check	
		DIATOMEA. World Ocean Observations	
		URAGAN. Observations and photography	
	CDR	ECON. Observations and photography	

Notes:

- SM Window #9 shutter opening is at crew discretion with Report to MCC
 See OSTP for references to US activities.

End of Radiogram