

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-09:15	FE-1	Renal Stone: diet log
09:15-09:20		Set up for HAM radio session
09:20-09:30		HAM radio session
09:25-11:55	CDR	PROFILAKTIKA. Cycle ergometer experiment
10:25-11:55	FE-1	Physical Exercise (RED)
11:55-12:55		Physical Exercise (TVIS)
12:55-13:00		Transfer TVIS, RED, and HRM data to MEC
13:00-14:00	.	LUNCH
16:00-16:05	CDR	On MCC GO ISS repress with O2 from Progress 353 CpПK (start)
17:05-17:10		ISS O2 repress from Progress 353 CpПK (terminate)
17:10-17:40		COЖ maintenance
17:20-17:40	FE-1	Renal Stone: hardware setup
17:40-18:10	.	Daily plan review
18:10-18:25		Daily planning conference (<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	PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank

Note: See OSTP for references to US activities.

End of radiogram