

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 housecleaning
10:30-11:05	FE-1	Maintenance of COЖ
11:00-12:30	CDR	Physical Exercise (RED)
11:05-11:10	FE-1	Inspection of БРПК separator
11:30-12:30		Physical Exercise (TVIS) day 3
12:30-13:30		LUNCH
14:15-14:30	CDR	RENAL: food questionnaire
14:40-15:10		Daily planning conference (<i>S-band</i>)
15:30-16:30	CDR	Physical Exercise (CEVIS)
15:55-16:10	FE-1	Private family conference (<i>VHF</i>)
16:20-16:35	FE-1	RENAL: food questionnaire
16:35-17:55		RENAL: urine collection
17:55-19:25	FE-1	Physical Exercise (TVIS +Load Exercise – cycle 1) day 3
18:00-18:15	CDR	Private family conference (<i>Ku+ S-band</i>)
19:25-19:30	CDR	CSA-CP: O2 reading
19:30-20:00		DINNER (RENAL: pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Task List	FE-1	PROFILAKTIKA: Set up for experiment
	FE-1	Equipment search to configure onboard TORU trainer / prep for work

Note: See OSTP for references to US activities
End of radiogram