

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		BREAKFAST
08:00-08:15	FE-1	БМП Φ1 Cartridge Regeneration (Start)
08:10-08:50	CDR	USOS TCS Reconfig
08:50-08:55		DCP Power Cable Demate
10:15-10:30	FE-1	Tag up w/COП specialists (VHF)
10:25-11:25	CDR	Physical Exercise (TVIS)
11:25-12:55		Physical Exercise (RED)
11:30-13:00	FE-1	Physical Exercise (TVIS) Day1
12:55-13:00	CDR	TVIS, RED, and HRM Data Transfer to MEC
13:00-14:00		LUNCH
14:10-14:25	CDR	Private Medical Conference (S + Ku-band)
14:25-14:40	FE-1	
16:20-16:25	CDR	HAM Radio Hardware Setup
16:25-16:35		HAM Radio Session
18:00-18:30	FE-1	COЖ Maintenance
18:30-19:30		Physical Exercise (VELO + FL1) – Day 1
19:30-20:00		Dinner
20:00-20:30		Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		SLEEP

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