

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 Housekeeping
10:30-12:00	FE-1	Physical Exercise (TVIS)
12:00-13:00		Physical Exercise RED
12:00-13:00	CDR	Physical Exercise (VELO + Load Trainer/Cycle 1) – Day 3
13:00-13:30		Weekly planning conference (<i>S-band</i>)
14:00-15:00		LUNCH
17:20-17:50	CDR	COX maintenance
17:50-19:20		Physical exercise (TVIS), day 3
19:20-19:25	FE-1	O2 and CO2 monitoring
19:25-19:30		Transferring TVIS, RED, and HRM data to MEC
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	RSK1 and RSE1 laptop hard drive monitoring
		Progress 355 airduct section photo imagery
		STATOKONIA. Temperature monitoring using Automatic Temperature Logger (APT)
		URAGAN. Observation and photo imagery
		KROMKA 1-3. Photo imagery
		VOLNY. Hardware activation

Note: See OSTP for references to US activities.

End of radiogram