

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:05-11:35	FE-1	Physical Exercise (TVIS)
11:35-13:05	CDR	Physical Exercise (TVIS) day 1
11:35-12:35	FE-1	Physical Exercise (RED)
13:05-14:05	.	LUNCH
14:10-14:25	CDR	Private Psychological Conference (<i>VHF</i>)
15:30-16:00	CDR	ACH-M raw data prep for OCA downlink. <i>Tagup with specialists as necessary (S-band)</i>
16:50-17:20	CDR	COX maintenance
17:20-18:20	CDR	Physical Exercise (VELO + Force Loader /Cycle 1), day 1
17:50-17:55	FE-1	BCAT-3: camera checkout
17:55-18:00	FE-1	Exchange VTR video tape to dump InSPACE 3rd run.
18:15-18:20	FE-1	O2 and CO2 monitoring
18:20-18:45	.	DINNER
18:50-19:25	.	Private conference with Thomas Reiter (<i>Ku+S-band</i>)
19:25-20:00	CDR	Daily Food Prep
19:40-19:55	FE-1	Private Family Conference (<i>Ku + S-band</i>)
19:55-20:30	FE-1	Daily food prep
20:05-20:30	CDR	TV PAO. Crew greetings to participants of the 13th Space Biology and Aerospace Medicine Conference. (To=20.07,T1,T2,T3 from СПП)
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	Post-EVA SM ПхО and DC1 reconfig to initial configurationDC1 comm config
		Comm reconfiguration
		MATRYOSHKA-R [МАТРЕШКА-Р]. MOSFET-dosimeter panel monitoring
		VOLNY [WAVES]. Hardware deactivation
		Photography of failed cable and RSK1 Laptop

Note: See OSTP for references to US activities.

End of Radiogram