

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-1,FE-2	Morning inspection
06:00-06:05	CDR	PLASMA CRYSTAL. Turbo Pump Activation
06:05-06:15	CDR	Morning inspection
06:10-06:40	FE-1,FE-2	Post-sleep
06:15-06:45	CDR	Post-sleep
06:40-07:30	FE-1,FE-2	BREAKFAST
06:45-07:35	CDR	
09:15-10:45	FE-1	Physical Exercise (TVIS), day 2
10:45-11:45	FE-1	Physical Exercise (VELO+RED), day 2
11:45-13:15	CDR	Physical Exercise (TVIS), day 2
12:15-13:15	FE-2	Physical Exercise (RED)
13:15-13:20	CDR	On MCC GO ISS O2 repress from Progress 359 CpПK (start)
13:20-14:20	.	LUNCH
14:20-14:25	CDR	ISS O2 repress using Progress 359 CpПK (terminate)
14:20-15:00	FE-1	COЖ maintenance
14:20-15:05	FE-2	CCISS Heart Rate Study Data Download and Stow
15:50-17:20		Physical Exercise (TVIS)
17:15-18:15	CDR	Physical Exercise (VELO+RED), day 2
18:00-18:15	FE-2	Evening work prep
18:15-18:30	.	Daily Planning Conference (<i>S-band</i>)
18:30-19:25	CDR	Evening work prep
18:30-19:30	FE-1,FE-2	
19:25-19:55	CDR	DINNER
19:30-20:00	FE-1	
19:35-20:00	FE-2	
19:55-20:25	CDR	Daily Food Prep
20:00-20:30	FE-1,FE-2	
20:25-21:25	CDR	Pre-sleep
20:30-21:30	FE-1,FE-2	
21:25-21:30	CDR	PLASMA CRYSTAL-3. Turbo-pump deactivation
21:30-06:00	.	SLEEP
Task list	FE-1	DIATOMEA. World Ocean Observations
	CDR	URAGAN. Observations and photography

Note: See OSTP for references to US activities.

End of Radiogram