

TVIS Gyro IFM

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:45		DPC (<i>S-band</i>)
07:45-08:15		Prep for work
08:15-08:40	CDR	Photo-TV camcorder set up
08:15-11:45	FE-1	TVIS gyro IFM
08:40-11:45	CDR	
11:45-12:45	FE-1	Physical Exercise (VELO + Force Loader/cycle 1) day 1
11:45-12:45	CDR	Physical Exercise (CEVIS)
12:45-13:45		LUNCH
13:45-16:15		TVIS gyro IFM
16:15-16:45	FE-1	Humidity condensate [KAB] sampling with Russian samplers (configuration set up)
16:30-16:40	CDR	TVIS data download to MEC
16:40-16:55	CDR	PMC (<i>S-band</i>)
16:45-17:05	FE-1	IMS file prep
16:55-18:25	CDR	Physical Exercise (RED)
17:05-17:20	FE-1	PMC (<i>S-band</i>)
17:20-18:50	FE-1	Physical Exercise (VELO + Force Loader/cycle 1) day 1
18:25-18:40	CDR	Questionnaire: log entry CDR
18:40-18:50	CDR	Daily plan review
18:50-19:05		Prep for work
19:05-19:20		DPC (<i>S-band</i>)
19:20-19:30		Prep for work
19:30-20:00		DINNER. Pill ingestion (Renal).
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	Equipment search
		RASTENIYA. Container water top-off

See OSTP for references to US activities

End of radiogram