

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:45-09:00	FE -1	Regeneration of БМП cartridge FILTER (Φ1) (end)
09:00-09:15		Regeneration of БМП cartridge FILTER (Φ2) (start)
09:25-09:40		PPC (<i>VHF</i>)
10:15-12:30	CDR	Physical Exercise (TVIS + RED)
11:30-12:30	FE -1	Physical Exercise (VELO + Force Loader/ cycle 1), day 3
12:30-13:30		LUNCH
16:10-16:40	FE -1	COЖ maintenance. Call down on CBO (water supply system) and СП counter data
16:40-18:10		Physical Exercise (TVIS), day 3
16:50-16:55	CDR	HAM radio set up
16:55-17:05		HAM radio session
18:10-18:40		Daily plan review
18:40-18:55		DPC (<i>S-band</i>)
18:55-19:20		Prep for work
19:20-19:45	CDR	DINNER (RENAL: pill ingestion)
19:30-20:00	FE -1	
19:45-19:55	CDR	PromISS 3 - tape changeout
19:55-20:20		Daily food prep
20:00-20:30	FE -1	
20:30-21:30		Pre-sleep
20:35-21:30	CDR	
21:30-06:00		SLEEP
Task List	FE -1	Equipment search

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