CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-1,FE-2	Morning Inspection
06:00-06:05	CDR	PLASMA CRYSTAL-3 PLUS. Turbo-pump activation
06:05-06:15		Morning Inspection
06:10-06:40	FE-1,FE-2 CDR	Post-sleep
06:15-06:40		
06:40-07:30		BREAKFAST
07:30-07:45	FE-2	Set up video equipment to record TVIS exercise
07:45-09:15		Physical Exercise (RED)
09:15-10:15		Physical Exercise (TVIS)
10:15-13:15		Weekly Housekeeping
10:15-11:45	FE-1 CDR	Physical Exercise (TVIS), day 4
11:45-13:15		
13:15-14:15		LUNCH
14:15-14:20	FE-2	Recording TVIS Video to VTR
14:30-14:45		Ops Lan Reload and Cue Card Deploy
15:05-15:25	CDR	Private Family Conference (S + Ku-band)
16:15-17:15		Physical Exercise (VELO+RED), day 4
17:00-17:15	FE-2	Stow video equipment used to record TVIS exercise
17:15-17:55	CDR	СОЖ Maintenance. CBO, СП, and POTOK Air Purification System data calldowns
17:15-18:15	FE-1	Physical Exercise (VELO+RED), day 4
18:15-18:30		Prep for Work
18:30-18:45		Daily Planning Conference (S-band)
18:45-19:30		Prep for Work
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:25	CDR	Pre-sleep
20:30-21:30	FE-1,FE-2	
21:25-21:30	CDR	PLASMA CRYSTAL-3 PLUS. Turbo pump deactivation
21:30-06:00		SLEEP
Task list	FE-1	URAGAN. Observations and Photography DIATOMEA. World Ocean Observations
	CDR	ECON. Observations and Photography
<u> </u>	UDIT	Lect. Coolivations and Friotography

Note

- SM Window #9 shutter opening is at crew discretion with Report to MCC
 See OSTP for references to US activities.

End of Radiogram