

CREW OFF DUTY

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly station cleanup
10:55-12:10	FE-1	Physical exercise (TVIS)
11:10-12:10	CDR	Physical exercise (Velo + Load Trainer-1 / Day 3)
12:10-13:10		LUNCH
13:10-13:30		Weekly planning conference (<i>S-band</i>)
13:30-13:45	CDR	Private Family Conference (<i>Ku + S-band</i>)
14:00-14:05	FE-1	Automatic IMS file import/export
14:05-14:35		Reboot all PCS (once a week)
17:20-17:25	CDR	БППК separator inspection
17:25-18:00		COЖ maintenance
18:00-19:30		Physical exercise (TVIS – 3)
18:15-19:30	FE-1	Physical exercise (RED)
19:30-20:00	CDR	Daily food prep
19:30-19:40	FE-1	
19:40-19:55		Private Family Conference (<i>Ku + S-band</i>)
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Task List	CDR	Locate equipment to prepare for ACH (Satellite Navigation System) data recording on Laptop-3
		PULSE experiment

Note: See OSTP for references to US activities

End of radiogram