

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:10-08:20	CDR	URAGAN. Tagup with specialists (<i>VHF</i>) /
09:00-10:30	FE-2	Physical Exercise (TVIS)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 1
11:55-12:55	CDR	Physical Exercise (VELO + RED) day 1
12:55-13:00		On MCC Go ISS O2 repress from Progress 359 CpПК (start)
13:00-14:00		LUNCH
14:00-14:05	CDR	ISS O2 repress from Progress 359 CpПК (terminate)
	FE-2	Payload status check
15:05-15:45	CDR	COЖ Maintenance
15:45-16:45	FE-1	Physical Exercise (VELO + RED) day 1
16:25-16:40	FE-2	Questionnaire - journal entry
16:40-17:00		Tagup HAM radio with specialists (<i>S-band</i>)
16:45-18:15	CDR	Physical Exercise (TVIS), Day 1
17:05-17:10	FE-2	Scheduled inspection of RED
17:10-18:10		Physical Exercise (RED)
18:10-18:15		Transfer TVIS/RED/CEVIS/HRM data to MEC
18:15-18:45		Evening work prep
18:45-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:30		Evening work prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of Radiogram