CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
10:00-11:30	CDR	Physical Exercise - RED
11:30-13:00	FE-1	Physical Exercise – TVIS – Day 2
13:00-14:00		Lunch
14:00-14:05	CDR	TEPC Display Data Voice Down
15:00-15:30	FE-1	СОЖ Maintenance
15:45-16:45	CDR	Physical Exercise – TVIS
16:45-17:45	FE-1	Physical Exercise (VELO + FL1) – Day 2
17:45-18:15		Review of Next Day's Plan
18:15-18:30		Daily Planning Conference (S-band)
18:30-19:00	CDR	Report Prep
19:00-19:30	FE-1	Report Prep
19:15-19:30	CDR	Food Prep
19:30-20:00		Dinner
20:00-20:30	FE-1	Food Prep
20:00-20:15	CDR	Food Prep
20:15-20:30	CDR	Pre-Sleep
20:30-21:30	FE-1	Pre-Sleep
20:30-20:45	CDR	Private Family Conference (Ku+S-band)
20:45-21:30	CDR	Pre-Sleep
21:30-06:00		Sleep
Task List	FE-1	PLANTS-2. Equipment Monitoring

Note: cf. OSTP for missing references to US activities

End of Radiogram