

Crew Off Duty. ACH-M Test with State Vector Update (termination)

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:00-11:00		Weekly housekeeping
11:00-11:10	CDR	Payload Server Unit [БСПН] log folder restore
11:30-13:00	FE-1	Physical Exercise (RED)
	CDR	Physical Exercise (TVIS) Day 1
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference (<i>S-band</i>)
15:45-16:00	FE-1	Private family conference (<i>Ku + S-band</i>)
17:15-17:45	CDR	COЖ maintenance
17:45-18:45	FE-1	Physical exercise (CEVIS)
	CDR	Physical Exercise (VELO + Force Loader 1) day 1
18:45-18:50	FE-1	Transfer TVIS, RED, and HRM data to MEC.
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