

Radiogram 6682u Form 24 for 10/18/03

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50		Comm config check before Soyuz docking
08:15-08:20	FE-1	Deactivation of cabin air monitoring unit in Airlock
08:35-09:30	.	LBNP training (PRELIMINARY)
09:30-09:35	FE-1	Automatic IMS files import /export
09:40-10:20	CDR	Technical maintenance of COЖ
09:55-11:10	FE-1	Physical Exercise (TVIS)
10:20-10:25	CDR	Inspection of БРПК separator
10:35-10:50		Private psychological conference: VHF [YKB]
11:10-11:50	FE-1	Configuring TV system for transmission via Ku-band
11:10-11:40	CDR	
11:50-12:20		TEST of TV signal transmission via Ku-band (TV system set up for Soyuz, Progress dock/undock and EVA)
12:20-13:20		LUNCH
13:20-13:50		Weekly planning conference
14:25-14:40	CDR	Private family conference (<i>Ku+S-band</i>)
14:30-15:00	FE-1	Reboot of all PCS (once a week)
15:00-18:00	.	Weekly housekeeping
18:00-19:15	FE-1	Physical Exercise (RED)
18:00-19:30	CDR	Physical Exercise (TVIS) day 4
19:15-19:30	FE-1	Private family conference (<i>Ku+S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Task List	CDR	BIO-10 Glove box assembly
		Search for equipment

Note: See OSTP for references to US activities
End of radiogram