

Crew Rest

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Personal hygiene (post-sleep)
06:40–07:30		BREAKFAST
08:00–08:30	FE-1	Maintenance of ??? per MCC direction
08:15–08:30	CDR	Regeneration of ? 1 ??? cartridge (end) / ? ? ? ? ? ? , item 7.3, pages 7-4, 7-5, steps 2, 3
08:30–08:45		Daily planning conference
08:50–09:05	CDR	Regeneration of ? 2 ??? cartridge (start) / ? ? ? ? ? ? , item 7.3, page 7-3, step 1
10:05–10:40	CDR	URAGAN: Earth observations ($T_{\text{obs}}=10:05-10:40$ GMT) / r/g 1453
10:30–12:00	FE-1	Physical exercise (RED)
11:00–12:00	FE-2	Physical exercise (TVIS)
12:00–12:25		Independence Day Address
12:25–13:25		LUNCH
14:00–14:55	CDR	Conference with friends from Houston
14:00–15:00	FE-1, FE-2	Conference with friends from Houston
14:55–15:25	CDR	DIATOMEA: study of the World Ocean ($T_{\text{obs}}=14:55-15:25$ GMT) / r/g 1459
15:00–16:00	FE-1, FE-2	Familiarization with DOUG software
15:25–16:00	CDR	Familiarization with DOUG software
16:00–18:30	CDR	Physical exercise (TVIS+cycle day three)
17:15–18:45	FE-2	Physical exercise (RED)
17:45–18:45	FE-1	Physical exercise (TVIS)
18:45–19:15	FE-1, FE-2	Work prep
18:45–19:15	CDR	Review plan for the next day
19:15–19:30		Daily planning conference
19:30–20:00		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Personal hygiene (pre-sleep)
21:30–06:00		SLEEP

End of radiogram