CREW OFF-DUTY

GMT	CREW	ACTIVITY
15:30-15:40		Morning inspection
15:40-16:10		Post-sleep
16:10-17:00		BREAKFAST
17:10-17:25	CDR	Private Family Conference (S+KU-band)
20:00-21:00	FE-2	Physical Exercise (RED)
20:45-22:15	CDR	Physical Exercise (CEVIS)
20:45-22:15	FE-1	Physical Exercise (TVIS) day 3
21:25-21:40	FE-2	Private Family Conference (S+Ku-band)
22:15-23:15		LUNCH
00:45-01:15	FE-1	СОЖ maintenance
01:15-02:15		Physical Exercise (TVIS) day 3
02:15-03:45	FE-2	Physical Exercise (TVIS)
02:45-03:45	CDR	Physical Exercise (RED)
03:45-04:15		Evening work prep
04:15-04:30		Daily planning conference (S-band).
04:30-05:00		Evening work prep
05:00-05:30		DINNER
05:30-06:00		Daily Food Prep
06:00-07:00		Pre-sleep
07:00-15:30		SLEEP
Task List	FE-1	PLANTS-2. Payload Status Check
		MATRYOSHKA-R. Mosfet-Dosimeter reading
		ТБУ (Universal Bioengineering Thermostat). Temperature check / r/g 4552
		DIATOMEA. World ocean observations
		URAGAN. Observations and photography

Note: See OSTP for references to US activities.

End of Radiogram