

Radiogram 6518u
CREW OFFDUTY

Form 24 for 09/20/03

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly station housekeeping
07:30-10:00	FE-1	
10:00-10:05		HAM radio equipment setup
10:05-10:15		HAM radio session
10:15-10:30		Weekly station housekeeping
10:30-10:45	CDR	Regeneration of $\Phi 2$ absorption cartridge in micropurification unit (БМП) (term)
10:55-12:10	FE-1	Physical exercise (TVIS)
11:10-12:10	CDR	Physical exercise (VELO + Load Trainer-1 / Day 4)
12:10-13:10	.	LUNCH
13:10-13:25	FE-1	Private family conference (<i>S+Ku-band</i>)
13:14-13:26	CDR	Private psychological conference (<i>VHF</i>)
13:50-14:20	.	Weekly planning conference (<i>S-band</i>)
14:20-14:25	FE-1	Automatic file import/export in IMS
14:30-15:00		Reboot of all PCS (once a week)
17:20-18:00	CDR	COX maintenance
18:00-19:30		Physical exercise (TVIS) - 4
18:15-19:30	FE-1	Physical exercise (RED)
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