

Crew Off Duty

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:30-08:35	CDR	Inspection of БРПК-1 separator
08:35-08:40		ELECTRON-VM: monitoring free air in the gas/fluid mix
08:40-08:45		Calldown of СП flash counter status
08:45-08:50		Calldown of CBO water supply status
08:50-08:55		PLANTS-2: payload status check
08:55-09:15		Maintenance of COЖ
11:00-12:30		Physical exercise (TVIS-2)
11:30-12:30	FE -1	Physical exercise (CEVIS)
12:30-13:30		LUNCH
13:30-13:35	FE -1	IMS auto export/import
14:30-14:40		Prep/setup for PAO
14:40-14:50		Prep for PAO TV session
14:50-15:05		TV – session "Greetings to St. Petersburg people". "ISS Crew greetings to participants and guests of Eurovision- 2003 contest" (Ku+S-band) using US video camera.
15:30-15:45	FE -1	Private family conference (<i>S-band</i>)
16:00-17:00	CDR	Physical exercise (VELO + Load Trainer-1 / day 2)
16:00-17:30	FE -1	Physical exercise (RED)
17:15-17:30	CDR	Private family conference (<i>S-band</i>)
18:20-18:35		Daily planning conference (<i>S-band</i>)
18:35-19:00		Daily plan review
19:00-19:30		Prep for work
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 procedures

End of radiogram