

**CREW OFF DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:35-07:50	CDR	PPC ( <i>VHF</i> )
10:00-11:00	FE-1	Physical Exercise (TVIS)
11:00-12:30		Physical Exercise (RED)
11:30-12:30	CDR	Physical Exercise (TVIS) day 1
12:30-13:00		Physical Exercise (RED)
13:00-14:00		LUNCH
16:15-17:15	CDR	Physical Exercise (TVIS) day 1
16:40-16:55	FE-1	PFC ( <i>Ku+S-band</i> )
17:15-17:45	CDR	COX maintenance
17:45-18:00		REFLOTRON hardware set up
18:15-18:45		Daily plan review
18:45-18:55		Report prep
18:55-19:10		DPC ( <i>S-band</i> )
19:10-19:30		Report prep
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	RASTENIYA-2. Hardware monitoring test (in the morning)
		URAGAN. Observation and photo imagery

**Note:**

1. See OSTP for references to US activities
2. Medical specialists' recommendations for **CDR**

End of radiogram