

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
09:30-10:30	FE-1	Physical Exercise - TVIS
10:15-10:30	CDR	Private Psychological Conference (<i>VHF</i>)
10:30-12:00	FE-1	Physical Exercise - RED
11:00-12:00	CDR	Physical Exercise – TVIS – Day1
12:00-12:30	CDR	Physical Exercise - RED
12:30-13:30	.	Lunch
13:30-14:00	CDR	COX Maintenance
16:55-17:10	FE-1	Private Family Conference (<i>Ku+S-band</i>)
17:15-18:15	CDR	Physical Exercise (VELO + FL1) – Day 1
18:00-18:15	FE-1	Questionnaire – Journal Entry
18:15-18:45		Review of Next Day's Plan
18:45-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:30		Report Prep
19:30-20:00		Dinner
20:00-20:30		Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep
Task List	CDR	PLANTS-2. Hardware Monitoring
		URAGAN. Observation and Photo Imagery
		MOLNIYA-SM. Control Software Restart
		DIATOMEIA. Ocean observation

Note: cf. OSTP for missing references to US activities

End of Radiogram