

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-09:00	FE-2	Physical Exercise (CEVIS)
09:00-10:00		Physical Exercise (RED)
10:00-11:30	FE-1	Physical Exercise (TVIS), day 2
10:30-10:50	CDR	Private Family Conference (<i>Ku + S-band</i>)
11:40-12:00	FE-1	Private Family Conference (<i>Ku + S-band</i>)
12:00-13:00	CDR	Physical Exercise (VELO+RED), day 2
12:55-13:00	FE-1	On MCC Go ISS O2 repress from Progress 359 CpPK (start)
13:00-14:00		LUNCH
14:00-14:40	CDR	COЖ maintenance. CBO, CP, Potok data calldowns
14:00-14:05	FE-1	ISS O2 repress from Progress 359 CpPK (terminate)
15:45-16:45		Physical Exercise (VELO+RED), day 2
16:30-18:00	CDR	Physical Exercise (TVIS), day 2
18:00-18:15		Daily Planning Conference (<i>S-band</i>)
18:30-19:30		Evening work prep
19:30-20:00	CDR,FE-1	DINNER
19:30-19:35	FE-2	Daily Food Prep
19:35-19:50		Private Family Conference (<i>Ku + S-band</i>)
19:50-20:00		Daily Food Prep
20:00-20:30		DINNER
20:00-20:30	CDR,FE-1	Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	CDR	URAGAN. Observation and photography
	FE-1	DIATOMEA. World Ocean Observations
		MATRYOSHKA-R. MOSFET-Dosimeter reading monitoring
		PLANTS. Payload status check

Note: See OSTP for references to US activities.

End of Radiogram