

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-11:30	CDR	PHYSICAL EXERCISE (VELO + Load Training1) - 2
10:30-10:40	FE-1	PCS CD-ROM remove and replace
10:40-11:00		All PCS reboot (once a week)
11:25-12:40		Physical Exercise (TVIS)
11:55-12:10	CDR	Private Psychological Conference ( <i>YKB</i> )
12:40-12:45	FE-1	Automated IMS files import/export
12:45-13:15		Weekly planning conference ( <i>S-band</i> )
13:15-14:15		LUNCH
14:19-14:34	CDR	Private family conference ( <i>S+Ku-band</i> )
15:17-15:32	FE-1	
16:56-17:11		
17:20-18:00	CDR	Maintenance of COЖ
18:00-19:30		Physical Exercise (TVIS 2)
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

<b>Task List</b>	CDR	URAGAN
		DIATOMEA
		MONLNIYA. GFI-10. Magneto-optical disk swap
		KROMKA-1. Photo imagery

**Note:** See OSTP for reference to US activities.  
End of radiogram