

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning Inspection
06:00-06:05	FE-2	SLEEP - data logging
06:05-06:15	FE-2	Morning Inspection
06:10-06:40	CDR,FE-1	Post-sleep
06:15-06:45	FE-2	Post-sleep
06:40-07:30	CDR,FE-1	BREAKFAST
06:45-07:35	FE-2	BREAKFAST
10:15-11:45	FE-1	Physical Exercise (TVIS), day 2
11:50-12:05	CDR,FE-1	Private Psychological Conference (<i>VHF</i>)
12:05-13:05	CDR	Physical Exercise (TVIS), day 2
13:35-14:35	.	LUNCH
15:20-16:00	CDR	COX Maintenance
15:45-16:45	FE-2	Physical Exercise (CEVIS)
16:00-17:00	FE-1	Physical Exercise (TVIS), day 2
16:45-18:15	CDR	Physical Exercise (TVIS), day 2
16:45-18:15	FE-2	Physical Exercise (RED)
18:15-18:45	.	Evening work prep
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Evening work prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	URAGAN. Observations and photography
	FE-1	GSF-JAXA. TBY temperature monitoring (in the morning)
		DIATOMEA. World Ocean Observations
		MATRYOSHKA-R. MOSFET-dosimeter reading monitoring
		PLANTS-1. MIS-LADA mode change

Note: See OSTP for references to US activities.

End of Radiogram