

CREW OFF-DUTY.

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:00-09:05	FE-1	Daily LAB window leak check
10:00-11:30	CDR	Physical Exercise (TVIS) day 3
11:30-12:30	FE-1	Physical Exercise (TVIS)
12:30-13:30	.	LUNCH
15:55-16:10	CDR	Private family conference (<i>VHF</i>)
16:40-17:10	CDR	COЖ maintenance (CPI and CBO calldown, БПИК separator inspection)
16:45-18:15	FE-1	Physical Exercise (RED)
17:10-18:10	CDR	Physical Exercise (VELO + Load Trainer/cycle 1) day 3
18:10-18:15	CDR	Hematocrit: Preparation
18:15-18:45	.	Daily plan review
18:45-19:00	.	Report prep
19:00-19:15	.	Daily planning conference (<i>S-band</i>)
19:15-19:30	.	Report prep
19:30-20:00	CDR	Daily food prep
19:30-19:55	FE-1	Private family conference (<i>Ku+S-band</i>)
19:55-20:30	FE-1	DINNER
20:00-20:30	CDR	DINNER
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	Uragan
		ETD

Note: See OSTP for references to US activities
End of radiogram