

Radiogram No. 890u
Crew Off-Duty

Form 24 for 07/18/05

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:25-09:25	FE -1	Physical Exercise (TVIS)
08:30-08:35	CDR	On MCC Go: ISS O2 repress from Progress 353 CpПК (start) / SM Pressure Control & Atmosphere Monitoring System (CKДC) item
08:50-09:00		Scorpion hardware deactivation
09:00-09:30		COЖ maintenance
09:25-10:55	FE -1	Physical Exercise (RED)
09:30-09:35	CDR	On MCC Go: ISS O2 repress from Progress 353 CpПК (end) / SM Pressure Control & Atmosphere Monitoring System (CKДC) item
09:35-11:05		Physical Exercise (TVIS), Day 4
11:05-12:05		Physical exercise (VELO + Force Loader/Cycle 1), day 4
11:25-11:35	FE -1	Hatch closure in USOS before Soyuz 216 redocking (between Node 1 and A/L)
11:35-12:05		USOS configuration for unmanned mode during Soyuz 216 undocking
12:05-12:35		Daily plan review
12:35-12:50		Daily planning conference (<i>S-band</i>)
12:50-13:20		Report prep
13:20-13:50		DINNER
13:50-14:20		Daily food prep
14:20-15:20		Pre-sleep
15:20-23:50		SLEEP

Note: See OSTP for references to US activities.

End of radiogram