

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	CDR	CDRA deactivation
07:35-10:35		Weekly housekeeping
11:25-11:40	FE-1	Private psychological conference (VHF)
12:30-13:30	CDR	Physical exercise (CEVIS)
12:30-13:30	FE-1	Physical Exercise (VELO+RED) -1
13:30-14:30		LUNCH
14:40-15:10		Weekly planning conference (<i>S-band</i>)
15:15-16:45	FE-1	Replacement of ACY Pretreat and Water Dispenser (ДКив)
16:45-18:15	FE-1	Physical Exercise TVIS-1
16:55-18:25	CDR	Physical Exercise (RED)
18:25-18:30	CDR	Transfer TVIS, RED, and HRM data to MEC
18:30-19:00		DINNER
19:00-19:30		Daily food prep
19:30-20:30		Pre-sleep
20:30-05:00		SLEEP

Note: See OSTP for references to US activities.

End of radiogram