

OFF-DUTY. US INDEPENDENCE DAY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:30	FE-1	Physical Exercise (TVIS)
10:30-11:30		Physical Exercise (RED)
11:30-11:55	CDR	TV downlink for Y. A. Cherny, First Deputy Director of Baikonur Federal Space Center <i>(To=11:29, T1, T2, T3 starts by CПП)</i>
11:40-11:45	FE-1	HAM radio setup
11:45-11:50		TV downlink for Y. A. Cherny, First Deputy Director of Baikonur Federal Space Center
11:53-12:03		HAM radio session
12:00-13:30	CDR	Physical exercise (TVIS), day 4
13:30-14:30		LUNCH
14:30-15:00	CDR	COX maintenance
17:15-18:15		Physical exercise (VELO + Load Trainer/Cycle 1), day 4
18:10-18:45	FE-1	Evening work prep
18:15-18:50	CDR	Evening work prep
18:45-18:50	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:50-19:05		Daily Planning Conference (<i>S-band</i>)
19:05-19:30		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

Note: See OSTP for references to US activities.

End of Radiogram