

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR,FE-2	Weekly Housekeeping
07:30-09:00	FE-1	
09:00-10:30		Physical Exercise (TVIS)
10:30-11:30		Physical Exercise (RED)
10:30-12:00	CDR	Physical Exercise (TVIS), day 4
11:30-13:00	FE-1	Weekly Housekeeping
12:00-13:00	FE-2	Physical Exercise (RED)
12:20-12:40	CDR	Private Family Conference (<i>S+Ku-band</i>)
13:00-14:00	.	LUNCH
14:10-14:30	FE-2	Private Family Conference (S + Ku-band)
17:00-18:30		Physical Exercise (VELO) + BUNGEE CORD
17:35-17:50	FE-1	Private Family Conference (S + Ku-band)
18:00-18:30	CDR	COЖ maintenance
18:30-19:30		Physical Exercise (VELO + Load Trainer 1), day 4
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	PLANTS-2. Payload status check
		MATRYOSHKA-R [МАТРЕШКА-Р]. Reader monitoring

Note. See OSTP for references to US activities.
End of Radiogram