

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	FE-2	Renal Stone: urine collection (termination)
07:50-08:00		Renal Stone: photo documentation
08:00-08:20		Renal Stone: hardware stow
08:30-08:45	FE-1	MELFI. 500 ML sample relocation
08:45-09:00		MELFI - data download
09:30-09:45		MELFI - 2ML sample relocation and 5ML sample insertion into Dewar 2
09:45-11:15		Physical Exercise (TVIS)
11:15-12:15		Physical Exercise (RED)
12:15-13:45	CDR	Physical Exercise (TVIS), day 3
12:30-13:30	FE-2	Physical Exercise (RED)
13:30-13:45		Private Family Conference (<i>S+Ku-band</i>)
13:45-14:45	.	LUNCH
14:45-15:00	FE-1	MELFI - 5ML sample relocation
15:00-15:10		PAO hardware setup /
15:10-15:20	.	Crew prep for PAO
15:20-15:30		Greetings to I.D. Spassky, General Designer, Rubin Central Design Agency for Marine Technology, Greetings to Airborne Forces of the Russian Ministry of Defense (Ku-band)
15:45-17:15	FE-2	Physical Exercise (VELO + BUNGEE CORD) - 4
16:45-17:15	CDR	COX maintenance
17:15-18:15		Physical Exercise (VELO + Load Trainer1), day 3
18:15-19:15	.	Evening work prep
19:15-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:00	FE-1	Pre-sleep
20:30-21:30	CDR, FE-2	
21:00-21:15	FE-1	Private Family Conference (<i>S+Ku-band</i>)
21:15-21:30		Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	PULSE. Experiment ops
		Search for Converter-Amplifiers [БПУ] Beta-8 #61 and #63

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