

Attitude Transition (OCK to PCO) • Crew Off Duty.

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:00-08:05	CDR	PLANTS-2: payload status check
08:05-08:10	CDR	ELECTRON-VM: monitoring free air in the gas/fluid mix
08:10-08:15	CDR	Calldown of CП flash counter status
08:15-08:20	CDR	Calldown of CBO water supply status
11:00-12:30	FE -1	Physical exercise (RED)
11:00-12:30	CDR	Physical exercise (TVIS), day 3
12:30-13:30	.	LUNCH
13:30-13:55	CDR	Maintenance of COЖ
13:55-14:10	FE -1	Private psychological conference (<i>S-band</i>)
14:15-14:30	FE -1	Private family conference (<i>S-band</i>)
15:15-15:25	CDR	DIATOMEA tagup (<i>YKB</i>)
15:30-15:45	CDR	Private family conference (<i>S+Ku-band</i>)
16:15-17:15	FE -1	Physical exercise (TVIS)
17:15-18:15	CDR	Physical exercise (VELO + Load Trainer-1 / day 3)
17:15-17:20	FE -1	IMS auto import/export
17:25-17:40	FE -1	Private family conference (<i>S+Ku-band</i>)
18:15-18:45	.	Daily plan review
18:45-19:00	.	Daily planning conference (<i>S-band</i>)
19:00-19:30	.	Prep for work
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: 1. See OSTP for references to US procedures
2. Task List: MOLNIYA
DIATOMEA
URAGAN

End of radiogram