

Cardio-????*

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:25–08:40	FE-1	?????. Earth observations / ?/? 658 + note
08:40–08:50	FE-1, PLT	?????-?? System: Test of Smoke Detector (??) No. 6 / ?/? 672
09:00–09:15	CDR	Deactivate FPP / Uplinked Procedures: OCA_1108B FPP Reactivation Procedures (25-Jan-01)/Steps 10 - 11
09:15–10:05	FE-1, PLT (assist)	Cardio-????: setup experiment / ?? item 4.1, page 4-3
10:05–11:55	FE-1	Cardio-????: conduct experiment / ?? item 4.2.1.1, page 4-12+ r/g
10:05–10:15	PLT (assist)	
10:15–11:15	PLT	Physical exercise (IRED)
11:15–11:55	PLT (assist)	Cardio-????: conduct experiment / ?? item 4.2.1.2, page 4-14
11:20–12:20	CDR	Physical exercise (TVIS)
11:55–12:20	FE-1, PLT (assist)	Cardio-????: finishing ops / ?? item 4.3, page 4-27
12:20–13:20		LUNCH
16:30–18:00	CDR	Physical exercise (IRED)
17:50–19:20	PLT	Physical exercise (TVIS-1)
18:00–18:15	CDR	??? FPP / Uplinked Procedures: OCA_1108B FPP Reactivation Procedures (25-Jan-01) Steps 1-9
18:20–19:20	FE-1	Physical exercise (IRED-1)
19:20–19:50		DINNER
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note:

?????. Earth observation areas:

1. Karaganda 08:37:09 (2.8 km portside)
2. Ekibastuz 08:37:37 (143 km portside)
3. Pavlodar 08:37:52 (195 km portside)

End of radiogram

* ???? – Lower Body Negative Pressure device (*translator's note*)