

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-09:20	FE-1	Search for and adjust Training Harness for TVIS exercise
09:20-10:50		Physical Exercise (TVIS) Day 3
10:50-12:20	CDR	Physical Exercise (TVIS)
12:20-13:00	FE-1	Filling EDV [KOB] for Elektron. <i>Tagup with specialists (S-band)</i>
12:20-13:20	CDR	Physical Exercise (RED)
13:00-13:30	FE-1	COЖ maintenance. Check ИП-1 position
13:30-14:30	.	LUNCH
14:30-14:35	FE-1	Activate the Repeater Mode on the Sputnik-SM Ham Radio
14:40-15:10	.	Weekly planning conference ( <i>S-band</i> )
15:10-15:25	FE-1	Private medical conference ( <i>Ku + S-band</i> )
15:30-15:45		Physical training tagup ( <i>VHF</i> )
16:45-17:00	CDR	Private medical conference ( <i>Ku + S-band</i> )
17:10-18:10	FE-1	Physical Exercise (VELO+RED) Day 3
18:10-18:15	CDR	Transferring TVIS, RED, and HRM data to MEC
18:15-18:45	.	Daily plan review
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check

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