

**REGUL-OC [РЕГУЛ-ОС] STRING 1 TEST**

GMT	CREW	ACTIVITY
05:00-05:10	.	Morning inspection
05:10-05:40	.	Post-sleep
05:40-06:30	.	BREAKFAST
07:30-09:00	CDR	Physical Exercise (CEVIS)
08:00-09:00	FE-2	Physical Exercise (RED)
08:35-08:50	FE-1	Conference with Election Committee Representatives ( <i>VHF</i> )
10:10-10:25		Private Psychological Conference ( <i>VHF</i> )
10:25-11:25		Physical Exercise (VELO+RED) day 2
11:25-11:30		<b>On MCC Go</b> ISS O2 repress from Progress 358 CpПK (start)
11:30-12:30	.	LUNCH
12:30-12:35	FE-1	ISS O2 repress from Progress 358 CpПK (terminate)
13:30-14:30	CDR	Physical Exercise (RED)
14:00-15:30	FE-2	Physical Exercise (TVIS)
15:15-15:45	FE-1	COЖ maintenance. <i>CBO, CP data calldown</i> . Liquid Unit БЖ #056 pressure monitoring
15:37-15:52	FE-2	Private Family Conference ( <i>S+Ku-band</i> )
15:45-17:15	FE-1	Physical Exercise (TVIS) day 2
16:25-16:40	CDR	Private Psychological Conference ( <i>S-band</i> )
16:40-16:55	FE-2	Private Psychological Conference ( <i>S-band</i> )
17:15-17:30	.	Evening work prep
17:30-17:45	.	Daily Planning Conference ( <i>S-band</i> ).
17:45-18:30	.	Evening work prep
18:30-19:00	.	DINNER
19:00-19:30	.	Daily Food Prep
19:30-20:30	.	Pre-sleep
20:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check
		<b>On MCC GO</b> Terminate data collection from [ACH-M] to Laptop3, set-up teardown, [ACH-M] deactivation
		PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank
		DIATOMEA. World Ocean Observations
		ECON. Observation and photography

**Note:** See OSTP for references to US activities.

End of Radiogram