

**CREW OFF DUTY. ACH-M STATE VECTOR UPDATE**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	CDR	SLEEP Data Logging
07:30-07:35	FE-2	SLEEP Data Logging
08:45-10:15		Physical Exercise (RED)
09:30-10:10	FE-1	COЖ Maintenance. <i>Tagup with SVO specialists (S-band)</i> ИП-1 position verification
10:15-11:15	FE-2	Physical Exercise (TVIS)
11:20-11:30	FE-1	Terminate discharge of the first Orlan Battery Pack 825M3 and start discharging the second Battery Pack
11:30-13:00		Physical Exercise (TVIS), day 2
12:00-13:00	CDR	Physical Exercise (RED)
13:00-14:00		LUNCH
15:30-16:30	FE-1	Physical Exercise (VELO + RED), day 2
16:10-17:40	CDR	Physical Exercise (TVIS)
17:40-17:55		Private Family Conference ( <i>Ku + S-band</i> )
18:15-18:40		Evening Work Prep
18:40-18:55		Daily Planning Conference ( <i>S-band</i> )
18:55-19:30	CDR, FE-1	Evening Work Prep
18:55-19:20	FE-2	
19:20-19:35	FE-2	Private Family Conference ( <i>Ku + S-band</i> )
19:30-21:30	CDR, FE-1	Presleep (dinner, daily food prep, evening toilet)
19:35-21:30	FE-2	
21:30-06:00		SLEEP

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram