

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:00-10:30	FE-1	Physical Exercise (RED)
10:30-11:30	FE-1	Physical Exercise (TVIS)
11:30-12:30	CDR	Physical Exercise (TVIS) – day 4
12:30-13:00	CDR	Physical Exercise (RED)
13:00-14:00	.	LUNCH
14:55-15:55	CDR	Physical Exercise (VELO+Load Trainer/cycle 1) day 4
15:55-16:10	CDR	PPC (VHF)
16:15-16:30	FE-1	PFC (Ku+S-band)
16:45-17:15	CDR	COX maintenance
17:30-17:40	CDR	Orlan 825M3 unit 1 charge terminate, start charging 825M3 unit 2 No. №1267830132 (009680R, ФГБ1ПГО_4_408_1 in white bag 249-2)
18:15-18:45	.	Daily plan review
18:45-19:00	.	Report prep
19:00-19:15	.	DPC (S-band)
19:15-19:30	.	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
Task list	CDR	MOLNIA-SM. Data transfer to HDD
		PLANTS-2. Equipment check

Note: See OSTP for references to US activities.

End of radiogram