

CREW OFF DUTY

GMT	CREW	ACTIVITY / ODF or r/g
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:40	FE-2	SOLO Equipment Adjustment
07:40-07:50	FE-2	SOLO - Body Mass Measurement
07:50-08:00	FE-2	SOLO Equipment Stow
08:00-08:05	FE-2	MLT Laptop Activation
09:00-10:30	CDR	Physical Exercise (TVIS) day 3
10:30-12:00	FE-2	Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS) day 3
12:00-13:00	FE-2	Physical Exercise (TVIS)
13:00-14:00	.	LUNCH
14:00-14:40	CDR	COX Maintenance. CBO, CП Flush Counter, and POTOK Air Purification System Data Downlink
14:00-14:15	FE-2	Weekly Housekeeping
14:15-14:30	FE-2	Private Family Conference (<i>Ku + S-band</i>)
14:30-14:55	FE-2	Weekly Housekeeping
14:55-15:10	FE-2	Private Psychological Conference (<i>Ku + S-band</i>)
15:10-17:30	FE-2	Weekly Housekeeping
16:30-17:30	FE-1	Physical Exercise (TVIS) day 3
17:30-18:05	FE-2	Video Recording Unit (VRU) Disk Exchange
17:30-18:30	CDR	Physical Exercise (TVIS) day 3
18:05-18:15	FE-2	SOLO - retrieval of PCBA package from MELFI
18:25-18:30	FE-2	Daily Diet Monitoring
18:30-19:15	.	Evening Work Prep
19:15-19:30	.	Daily Planning Conference (<i>S-band</i>)
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	ECON. Observations and photography / r/g 8735
	FE-1	URAGAN. Observations and photography / r/g 8733
		DIATOMEA. World Ocean Observations / r/g 8734

Note

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC** / r/g 6083, 6004
2. See OSTP for references to US activities.

End of Radiogram