

**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	CDR	Physical Exercise - RED
10:10-10:30	FE-1	Ц-Б-Ц TV Private Family Conference (from MCC-M) ( <i>Ku+S-band</i> )
10:30-11:30	CDR	Physical Exercise - TVIS
11:30-13:00	FE-1	Physical Exercise – TVIS – Day 2
12:55-13:00	CDR	TVIS, RED, and HRM Data Transfer to MEC
13:00-14:00	.	Lunch
16:45-17:15	FE-1	COЖ Maintenance
17:15-18:15		Physical Exercise (VELO + FL1) – Day 2
17:55-18:00	CDR	EVA Hardware Battery Charge Check Out
18:00-18:10		SSC Laptop Transfer to Airlock
18:15-18:45	.	Review of Next Day's Plan
18:45-18:55	.	Report Prep
18:55-19:10	.	Daily Planning Conference ( <i>S-band</i> )
19:10-19:30	.	Report Prep
19:30-20:00	.	Dinner
20:00-20:30	.	Food Prep
20:30-21:30	.	Pre-Sleep
21:30-06:00	.	Sleep
<b>Task List</b>	FE-1	БСПН. Experiment Restart

**Note:** cf. OSTP for missing references to US activities

End of Radiogram