

Transition to PCO Attitude • Test of Linear Accelerometer (БИЛУ)

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–8:15	CDR	Weekly housecleaning
8:15–8:30	CDR	Regeneration of $\Phi 1$ absorption bed in БМП (end)
8:30–10:45	CDR	Weekly housecleaning
07:30–10:30	FE-1	Weekly housecleaning
10:30–10:35	FE-1	IMS auto import/export
11:00–11:10	CDR	On MCC GO: pressurization of ISS with O ₂ from the Progress-247 CpПК system
11:15–12:30	FE-1	Physical exercise (TVIS)
11:30–12:30	CDR	Physical exercise (VELO + Load Trainer-1 / day 2)
12:30–13:30		LUNCH
13:30–14:00		Weekly planning conference (<i>S-band</i>)
14:00–14:15	CDR	Regeneration of $\Phi 2$ absorption bed in БМП (start)
14:15–14:55		Maintenance of COЖ
16:15–16:30	CDR	Private family conference (<i>Ku+S-band</i>)
17:00–17:15		MOLNIYA-SM: LSO instrument teardown. Tagup w/ ground specialist (<i>Ku+S-band</i>)
18:00–19:30		Physical exercise (TVIS-2)
18:15–19:30	FE-1	Physical exercise (RED)
19:30–20:00		Daily food prep
20:00–20:30		DINNER
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities.

Task List: CDR – URAGAN Experiment

End of radiogram