

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
09:00–10:00	FE-1	Physical exercise (TVIS)
10:00–11:30		Physical exercise (RED)
11:00–12:30	FE-2	Physical exercise (VELO+RED day 3)
11:30–11:40	FE-1	Off-day LAB payload status check
11:30–12:30	CDR	Physical exercise (TVIS-3)
12:30–13:30		LUNCH
15:30–15:35	CDR	Downlink of CП counter data (<i>VHF</i>)
15:35–15:40		Downlink of CBO water supply data (<i>VHF</i>)
15:55–16:00		Inspection of БРПК-2 separator
16:00–16:40		Maintenance of COЖ
16:10–17:10	FE-2	Physical exercise (TVIS-3)
17:00–17:15	CDR	Private family conference (<i>S-band</i>)
17:15–17:30		Daily planning conference (<i>S-band</i>)
17:30–18:30	CDR	Physical exercise (TVIS-3)
18:05–18:30	FE-2	Daily plan review
18:15–18:45	FE-1	
18:30–19:00	CDR	
18:30–18:45	FE-2	Private family conference (<i>S-band</i>)
18:45–18:55	FE-1	Report prep
18:55–19:10		Private family conference (<i>S-band</i> + <i>Ku-band</i>)
19:10–19:20		Report prep
19:00–19:30	CDR, FE-2	
19:30–19:50		DINNER
19:50–20:25		TV link with the organizer of the S. Petersburg-Moscow flight A. Begak ($T_0=19:57:53$, T_1 , T_2 , T_3 will be activated by the Automated Daily Timeline (CПП))
20:25–20:40		Daily food prep
20:40–21:30		Pre-sleep
21:30–06:00		SLEEP

Notes:

1. See OSTP for references to US activities
2. Task List activities: URAGAN Earth Observations per r/g 3874, DIATOMEA Ocean Observations per r/g 3872, Inspection of SM Windows per r/g 3868 (if it becomes necessary to finish work started on 07.13.02)

End of radiogram