

**Crew Off Duty**

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		Breakfast
07:30-10:30		Weekly housekeeping
10:30-11:45	FE-1	Physical exercise: TVIS
11:35-12:35	CDR	Physical exercise: TVIS - 3
12:30-12:35	FE-1	Automatic file import/export to IMS
12:35-13:35		LUNCH
13:35-14:05		Weekly planning conference ( <i>S-band</i> )
14:15-14:30	FE-1	PPC ( <i>S-band</i> )
14:15-14:20	CDR	Inspection of БРПК-1 separator
14:20-14:55		COX maintenance
17:45-18:00		PPC ( <i>YKB</i> )
18:00-19:30		Physical exercise: TVIS -3
18:15-19:30	FE-1	Physical exercise: RED
19:30-20:00		DINNER
20:00-20:30		Daily food ration prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

See OSTP for USOS procedures

Task List: CDR MOLNIA-SM. Copy measurement data to HDD

Uragan  
Diatomea

End of radiogram