## Progress commanding test using CKC (Assembly & Commanding Vessel)-based Automatic Booster Control System. Crew Off Duty.

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:00-08:05	CDR	PLANTS-2: Hardware monitoring
10:00-11:00	FE-1 CDR	Physical Exercise (TVIS, Day 4)
11:00-12:30		
12:25-12:30	FE-1	IMS auto import/export
12:30-13:30		LUNCH
13:50-14:05	CDR	Private family conference (S + Ku-band)
14:20-14:25		CΠ data calldown
14:25-14:30		CBO data calldown
14:30-14:35		ELECTRON-VM: monitoring amount of air in the gas-liquid system (ΓЖС)
14:30-16:00	FE-1	Physical Exercise (RED)
14:35-15:00	CDR	СОЖ maintenance
15:00-16:00		Physical Exercise (VELO + Load Trainer-1 / day 4)
16:32-16:47	FE-1	Private family conference (S + Ku-band)
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Prep for work
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for US procedure references

Task List: RUBINAR: locate and check out equipment

End of radiogram