

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:55-12:25	FE-1	Physical Exercise (TVIS) day 3
12:25-12:30		RASTENIYA-2. Hardware status check
12:30-13:30	.	LUNCH
13:45-13:55	FE-1	PPC ( <i>VHF</i> )
15:30-17:45	CDR	Physical Exercise (TVIS + RED)
16:30-17:00	FE-1	COX maintenance(Data calldown on CBO and CП counter)
17:00-18:00		Physical Exercise (VELO + Force Loader / cycle 1) day 3
17:45-18:00	CDR	PFC ( <i>S-band</i> )
18:00-18:30		Daily plan review
18:30-18:45		DPC ( <i>S-band</i> )
19:00-19:30		Report prep
19:30-20:00		DINNER. (Renal: pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	Equipment search
		RASTENIYA-2. Container water top off
		DIATOMEA

**Note:** See OSTP for reference to US activities  
End of radiogram