

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:40-07:55	FE-1	БМП Φ2 Absorption Cartridge Regeneration (start)
09:00-10:00	FE-1	Physical Exercise (VELO + RED), day 4
10:00-11:30	FE-2	Physical Exercise (RED)
10:00-11:30	CDR	Physical Exercise (TVIS), day 4
11:30-12:30	FE-2	Physical Exercise (TVIS)
12:30-13:30	.	LUNCH
13:30-14:15	FE-2	TEPC Transfer
14:35-15:15	CDR	COЖ Maintenance.
14:40-17:40	FE-2	Weekly Housekeeping.
15:15-16:15	CDR	Physical Exercise (VELO + RED), day 4
15:45-17:15	FE-1	Physical Exercise (TVIS), day 4
17:15-17:45	CDR,FE-1	Prep for Work
17:45-18:00	.	Daily Planning Conference (<i>S-band</i>)
18:00-18:30		Prep for Work
18:30-19:00		DINNER
19:00-19:30		Daily Food Prep
19:30-20:00	FE-1	Pre-sleep
19:30-20:30	CDR,FE-2	Pre-sleep
20:00-20:15	FE-1	БМП Φ2 Absorption Cartridge Regeneration (termination)
20:15-20:30	FE-1	Pre-sleep
20:30-05:00	.	SLEEP
Task List	CDR	ECON. Observations And Photography
	FE-1	URAGAN. Observations And Photography
		DIATOMEA. World Ocean Observations
		PLANTS-2. Payload Status Check

Notes:

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram