

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection
	FE-1	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30		Breakfast
07:30-07:35	CDR	PLASMA CRYSTAL-3. Turbopump Activation
10:30-11:30	FE-1	Physical Exercise – TVIS
11:30-13:00	FE-1	Physical Exercise – RED
	CDR	Physical Exercise – TVIS – Day 2
13:15-13:30	CDR	Private Psychological Conference (VHF)
13:30-14:30	.	Lunch
15:20-15:35	FE-1	Private Psychological Conference (<i>Ku+S-band</i>)
16:30-16:35	CDR	On MCC Go ISS Repress w/O2 from Progress 353 CpПК (Start)
16:35-17:35		Physical Exercise (VELO + FL1) – Day 2
17:35-17:40		ISS Repress w/O2 from Progress 353 CpПК (End)
17:40-18:10		COЖ Maintenance.
18:15-18:45	.	Daily plan review
18:45-19:15		Report Prep
19:15-19:30		Daily Planning Conference (<i>S-band</i>)
19:30-20:00		Dinner
20:00-20:30		Daily Food Prep
20:30-21:30	FE-1	Pre-Sleep
20:30-21:25	CDR	
21:25-21:30		PLASMA CRYSTAL-3. Turbopump Deactivation
21:30-06:00	.	Sleep
Task List	CDR	URAGAN. Observation and Photo Imagery

Note: Cf. OSTP for any missing references to US Activities.

End of Radiogram