

**COMMANDING CAУП OHA POLE [HIGH-GAIN ANTENNA AUTOMATIC DRIVE CONTROL SYSTEM]
FROM POSITION 1 TO POSITION 2. CREW OFF DUTY.**

GMT	CREW	ACTIVITY
12:00-12:10	FE-1, FE-2	Morning inspection
12:00-12:05	CDR	SLEEP - data logging
12:05-12:10	CDR	Morning inspection
12:10-12:40	.	Post-sleep
12:40-13:30	.	BREAKFAST
16:10-16:25	CDR	Private Family Conference (Ku + S-band)
17:30-17:40	FE-1	Private Psychological Conference (VHF)
17:45-19:15	FE-1	Physical exercise (TVIS), Day 4
17:45-18:00	FE-2	Private Family Conference (Ku + S-band)
17:50-19:20	CDR	Physical Exercise (CEVIS)
18:20-19:20	FE-2	Physical Exercise (RED)
19:15-19:20	FE-1	On MCC Go ISS O2 repress from Progress 358 CpПK (start)
19:20-20:20	.	LUNCH
20:20-20:25	FE-1	ISS O2 repress from Progress 358 CpПK (terminate)
20:20-20:25	FE-2	Disconnect LTL QD
20:25-20:55	FE-2	COЖ maintenance
22:00-23:00	FE-1	Physical Exercise (VELO + RED) day 4
22:35-22:40	CDR	Connect LTL QD
22:45-00:15	FE-2	Physical Exercise (TVIS)
23:15-00:15	CDR	Physical Exercise (RED)
00:15-00:50	.	Evening work prep
00:50-01:05	.	Daily Planning Conference (S-band)
01:05-01:30	.	Evening work prep
01:30-02:00	.	DINNER
02:00-02:30	.	Daily Food Prep
02:30-03:30	.	Pre-sleep
03:30-12:00	.	SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		PLANTS-2. Payload Status Check
		DIATOMEA. World Ocean Observations

Note. See OSTP for references to US activities.
End of Radiogram