

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	<b>FE-2</b>	Morning Inspection
06:00-06:05	<b>FE-1</b>	Elektron-VM Aerosol Filter Inspection
06:00-06:05	CDR	SLEEP CDR Log Entry
06:05-06:10	CDR, <b>FE-1</b>	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:30-10:45	<b>FE-2</b>	Private Family Conference ( <i>Ku+S-band</i> )
10:30-12:00	CDR	Physical Exercise (ARED)
11:00-12:30	<b>FE-1</b>	Physical Exercise (TVIS), Day 2
12:00-13:00	CDR	Physical Exercise T 2
12:00-13:00	<b>FE-2</b>	Physical Exercise (ARED)
13:00-14:00	.	LUNCH
14:00-14:40	<b>FE-1</b>	COX Maintenance (Flush Counter (CП), Water Supply System (CBO), POTOK Air Purification System Data Calldowns for SM and FGB) Inspection of CPB-K2M hoses from MΦ-P up to БРПК separator
15:30-17:00	<b>FE-2</b>	Physical Exercise (TVIS), Day 2
16:30-17:30	<b>FE-1</b>	Physical Exercise (VELO), Day 2
16:55-17:10	CDR	Private Family Conference
17:30-17:35	<b>FE-1</b>	Elektron-VM Aerosol Filter Inspection
18:45-19:00	.	Daily Planning Conference ( <i>S-band</i> )
19:00-19:30	.	Evening Work Prep
19:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
  2. See OSTP for references to US activities
  3. Pre-sleep ops: dinner, daily food prep, evening toilet
- End of Radiogram