

SPACE-TO-SPACE RADIO [МБРЛ] TRANSMITTER CARRIER FREQUENCY TEST with ESA ground stations.**Crew off-Duty**

TIME	CREW	Activity
06:00-06:05	CDR, FE-6	SLEEP: data recording
06:00-06:05	FE-5	Elektron-VM Aerosol Filter Inspection
06:05-06:10	CDR, БИ-6	Spot Urine Test
06:05-06:10	FE-5	Morning Inspection
06:10-06:15	CDR	Reaction Self Test
06:10-06:30	FE-6	HRF – urine collection
06:10-06:40	FE-5	Post-Sleep
06:15-06:45	CDR	Post-Sleep
06:30-06:40	FE-6	HRF – urine sample installation in MELFI
06:40-07:35	FE-5	Breakfast
06:40-07:10	FE-6	Post-Sleep
06:45-07:45	CDR	Breakfast
07:10-08:10	FE-6	Breakfast
09:35-09:40	CDR	VCA1 camera setup
09:40-09:50	.	PAO prep
09:50-10:20	.	PAO (<i>Ku+S-band</i>)
10:30-11:30	FE-6	Physical Exercise - T2
11:30-13:00	FE-6	Physical Exercise – ARED
13:00-14:00	.	Lunch
14:00-14:05	FE-6	PROK - Diet Data Logging (Day 2-4)
14:05-14:25	FE-6	HRF – urine collection
14:15-14:20	CDR	PROK - Diet Data Logging (Day 2-4)
14:25-14:30	FE-6	HRF – urine sample installation in MELFI
15:05-15:45	FE-5	COЖ MAINTENANCE – data downlink - counter reading, SVO Component, <i>POTOK</i> Air Purification System <i>in SM and FGB</i>
15:45-16:45	FE-5	Physical Exercise - Velo, Day 1
15:45-17:15	CDR	Physical Exercise – ARED
16:45-18:15	FE-5	Physical Exercise -TVIS Day 1
17:10-17:25	FE-6	Private Family Conference
17:15-18:15	CDR	Physical Exercise - T2
17:50-18:10	FE-6	HRF – urine collection
18:10-18:15	FE-6	HRF – urine sample installation in MELFI
18:15-19:15	CDR	Evening Work Prep
18:15-18:25	FE-6	Nutrition и Repository – equipment setup for blood sample collection
18:15-18:20	FE-5	Elektron-VM Aerosol Filter Inspection
18:20-19:15	FE-5	Evening Work Prep
18:25-19:15	FE-6	Evening Work Prep
19:15-19:30	.	Daily Planning Conference (<i>S-band</i>)
19:30-19:45	CDR	Private Family Conference
19:45-21:25	CDR	Pre-Sleep

19:30-21:30	FE-5,FE-6	Pre-Sleep
21:25-21:30	CDR	Reaction Self Test
21:30-06:00	.	Sleep
Task List	FE-5	SEINER Experiment
		ЭКОH. Observation and Imagery

Notes:

1. SM Window 9 shutter opening is at crew discretion w/ Report to MCC
 2. See OSTP for missing references to US Activities
 3. Pre-Sleep: dinner, daily food prep, evening ablutions
- End of Radiogram