

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR, F E-2	Morning Inspection
06:00-06:05	FE-1	Elektron-VM Aerosol Filter Inspection
06:05-06:10	FE-1	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:00-11:30	FE-1	Physical Exercise (TVIS), Day 1
10:30-11:30	CDR	Physical Exercise T 2
11:30-13:00	CDR	Physical Exercise (ARED)
12:00-13:00	FE-2	Physical Exercise (VELO), Day 1
13:00-14:00	.	LUNCH
14:00-14:40	FE-1	COX Maintenance. SM and FGB ЦП (Flush Counter), CBO (Water Supply System), Potok Air Purification Unit Data Calldowns
15:00-16:00	FE-1	Physical Exercise (VELO), Day 1
16:00-17:30	FE-2	Physical Exercise (TVIS), Day 1
18:00-18:05	FE-1	Elektron-VM Aerosol Filter Inspection
18:25-18:30	CDR	Configure WHC for internal EDB-Y use
18:40-19:05	.	Evening Work Prep
19:05-19:20	.	Daily Planning Conference (<i>S-band</i>)
19:20-19:30	.	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 with **Report to MCC**
 2. See OSTP for references to US activities.
 3. Pre-sleep ops: dinner, daily food prep, evening toilet
- End of Radiogram