Satellite Navigation Hardware [ACH] Testing. Crew Off-Duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:30-10:30	CDR	EarthKAM: set up, activation
10:30-12:00	FE-1	Physical Exercise (TVIS) day 3
12:00-13:00		LUNCH
13:00-14:00		ISS crew orientation
15:05-15:20	CDR	Private medical conference (S-band)
15:25-15:40	FE-1	
15:35-16:35	CDR	Physical Exercise (TVIS)
16:10-16:40	FE-1	Filling EDV (KOB) tanks for Elektron
16:35-18:05	CDR	Physical Exercise (RED)
16:40-17:10	FE-1	СОЖ maintenance
17:10-18:10		Physical Exercise (VELO + Force Loader/cycle 1) day 3
18:05-18:10	CDR	TVIS/RED data transfer to MEC
18:10-18:40		Daily plan review
18:40-18:55		Daily planning conference (S-band)
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	MOLNIYA-SM _LSO. Hardware activation
		KROMKA-1. Photo imagery

Note: See OSTP for references to US activities

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