GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:10	FE-2	СОЖ maintenance
07:30-07:45	FE-1	Return Laptop 3 to initial config following Relaxation experiment
07:45-07:50		PLANTS-2. Equipment monitoring
07:50-07:55		CΠ counter data calldown
07:55-08:00		CBO data calldown
08:00-08:05		Elektron VM: Monitoring air quantity in the gas-liquid mixture
08:05-08:10		БРПК-2 separator inspection
08:20-08:25	FE-2	IMS auto import/export
08:25-08:30		CO2 level reading using carbon dioxide monitor
10:00-11:00		Physical exercise (TVIS)
11:00-12:30		Physical exercise (RED)
11:30-12:30	FE-1	Physical exercise (VELO + Load Trainer 1, day 2)
12:30-13:30		LUNCH
13:35-13:50	CDR	Private psychological conference (S-band)
13:50-14:05	FE-2	
14:05-14:20	CDR	Private family conference (S-band)
15:05-15:20	FE-1	Private family conference (VHF)
15:40-16:40	CDR	Physical exercise (TVIS)
15:45-16:00	FE-2	Private family conference (S-band)
16:40-18:10	CDR	Physical exercise (RED)
16:40-18:10	FE-1	Physical exercise (TVIS, day 2)
18:05-18:10	FE-2	CO2 level reading using carbon dioxide monitor
18:10-18:40		Daily plan review
18:40-18:55		Daily planning conference (S-band)
19:00-19:30		Work prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note:

- 1. See OSTP for references to US activities
- 2. Task List FE-1: PULSE

URAGAN DIATOMEA

End of radiogram