

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:30	FE-2	Physical Exercise (RED)
10:30-11:30		Physical Exercise (TVIS)
11:30-13:00	CDR	Physical Exercise (RED)
	FE-1	Physical Exercise (TVIS), day 1
13:00-14:00	.	LUNCH
14:00-14:25	FE-2	CSA-O2 Gas Analyzer Calibration
14:30-14:50	FE-1	Private Family Conference ( <i>Ku + S-band</i> )
15:30-16:30	CDR	Physical Exercise (TVIS)
16:30-16:35	FE-1	MATRYOSHKA-R. Hardware deactivation
16:35-17:35		Physical Exercise (VELO+RED), day 1
17:35-18:15	FE-1	COЖ Maintenance. <b><i>CBO, CП flush counter, and POTOK Air Purification System operation time calldowns</i></b>
18:15-19:00	.	Evening Work Prep
19:00-19:15		Daily Planning Conference ( <i>S-band</i> )
19:15-19:30		Evening Work Prep
19:30-21:30	FE-1,FE-2	Presleep (Dinner, Daily Food Prep, Evening Toilet)
19:30-20:40	CDR	
20:40-20:55	CDR	Private Family Conference ( <i>Ku + S-band</i> )
20:55-21:30		Presleep (Dinner, Daily Food Prep, Evening Toilet)
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	DIATOMEA. World Ocean Observations
		ECON. Observations and photography

**Note**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
  2. See OSTP for references to US activities.
- End of Radiogram