

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:00-10:00	FE-1	Physical Exercise (TVIS)
10:00-11:30		Physical Exercise (RED)
11:00-12:00	CDR	Physical Exercise (TVIS –1)
12:00-12:30	CDR	Physical Exercise (RED)
12:30-13:30	.	LUNCH
15:25-15:40	FE-1	PFC ( <i>Ku+S-band</i> )
15:45-17:15	FE-1	Physical Exercise (RED)
16:45-17:15	CDR	COЖ maintenance ( <i>СП and CBO data voice down. БРПК separator inspection</i> )
17:15-18:15	CDR	Physical Exercise (VELO + Force Loader/cycle 1) day 1
18:15-18:45	.	Daily plan review
18:45-19:00	.	DPC ( <i>S-band</i> )
19:00-19:30	.	Report prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Presleep
21:30-06:00	.	Sleep
TASK LIST	CDR	PLANTS-2. Equipment status check
		DIATOMEA. World ocean observation
		ECON. Observation and photo imagery
		KROMKA-1. Photo imagery

**Note:** See OSTP for references to US activities

End of radiogram