

CREW OFF DUTY.

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	Breakfast
09:50-11:20	CDR	Physical Exercise (TVIS) - 1
10:20-11:50	FE-2	Physical Exercise (RED)
11:50-12:50	FE-2	Physical Exercise (TVIS)
12:15-13:15	FE-1	Physical Exercise (VELO+RED) - 1
13:45-14:45	.	LUNCH
14:45-15:00	FE-2	Private psychological conference (<i>Ku+S-band</i>)
14:45-14:50	CDR	Filter cleaning in equipment YOB "Поток-150МК" (<i>using vacuum cleaner with slotted tube with deactivated YOB ПОТОК</i>)
14:50-15:30	CDR	COЖ Maintenance. Data dump on CBO, СП, YOB "Помок" operation time
16:45-17:45	CDR	Physical Exercise (VELO+RED) - 1
17:15-18:45	FE-1	Physical Exercise (TVIS) - 1
18:45-19:15	.	Evening work preparation
19:15-19:30	.	DPC (<i>S-band</i>)
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	CDR	ECON experiment. Monitoring and photography
	FE-1	URAGAN. Monitoring and photography
		DIATOMEA. Ocean research
		PLANTS-2. Equipment checkout

Notes:

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