

**Rotation to OCK. Crew Off-Duty**

GMT	CREW	ACTIVITY / ODF or Radiogram
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	BREAKFAST
09:00-09:05	FE-1	Determination of quantity of air in Elektron-VM Gas-Liquid System ( <i>S-band</i> )
09:05-09:10	FE-1	Usage Counter Value Report ( <i>S-Band</i> )
09:10-09:15	FE-1	CBO Report ( <i>S-band</i> )
09:15-09:20	FE-1	БРПК Separator Inspection ( <i>S-Band</i> )
09:20-09:40	FE-1	COЖ Maintenance
10:00-10:15	CDR	Food Questionnaire
11:15-12:15	CDR	PHYSICAL EXERCISE: TVIS
12:15-13:15	FE-1	PHYSICAL EXERCISE (VELO+FL-1) - 1
12:45-13:00	CDR	Private Family Conference ( <i>S-Band</i> )
13:15-14:15	.	Lunch
14:20-14:35	CDR	Private Psychological Conference ( <i>S-Band</i> )
15:45-17:15	FE-1	PHYSICAL EXERCISE TVIS – Day 1
16:40-18:10	CDR	PHYSICAL EXERCISE: RED
17:15-17:30	FE-1	Private Psychological Conference ( <i>VHF</i> )
18:10-18:15	CDR	CSA-CP O2 Reading
18:15-18:45	.	Review of Next Day's Plan
18:45-19:00	.	Daily Planning Conference ( <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	.	Pre-Sleep
21:30-06:00	.	Sleep

<b>Task List</b>	FE-1	Search for Equipment
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**Note:** Cf. OSTP for missing references to US activities.

End of Radiogram