

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-1	Physical Exercise (TVIS), day 4
09:45-10:00	CDR	Private Psychological Conference (<i>VHF</i>)
11:15-11:30	FE-1	Private Psychological Conference (<i>VHF</i>)
11:30-13:00	CDR	Physical Exercise (TVIS), day 4
11:30-13:00	FE-2	Physical Exercise (RED)
13:00-14:00	.	LUNCH
14:30-14:45	FE-2	Private psychological conference (<i>Ku + S-band</i>)
15:15-16:15	CDR	Physical Exercise (VELO+RED), day 4
16:15-16:55	CDR	COЖ Maintenance. <i>CBO, CП, and POTOK Air Purification System data calldowns</i>
16:15-17:15	FE-1	Physical Exercise (VELO+RED), day 4
17:15-18:15	FE-2	Physical Exercise (TVIS)
18:15-18:45	.	Prep for Work
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Prep for Work
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
	FE-1	DIATOMEA. World Ocean Observations

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