

**CREW OFF DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:05	FE-1	ПК-3 PLUS. Turbo-pump activation
06:00-06:10	CDR	Morning inspection
06:05-06:10	FE-1	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:25-10:30	CDR	BCAT-3: camera checkout
11:15-12:45	FE-1	Physical Exercise (TVIS) Day 2
12:45-13:45	FE-1	LUNCH
12:45-15:30	CDR	Physical Exercise (TVIS)
15:30-16:30	CDR	LUNCH
16:45-17:15	FE-1	COЖ maintenance (CBO, CП counter calldowns)
17:15-18:15	FE-1	Physical Exercise (VELO + RED) day 2
17:30-17:45	CDR	Private psychological conference ( <i>S-band</i> )
18:15-18:45	.	Daily plan review
18:45-19:05	.	Report prep
19:05-19:20	.	Daily planning conference ( <i>S-band</i> )
19:20-19:30	.	Report prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	CDR	Pre-sleep
20:30-21:25	FE-1	Pre-sleep
21:25-21:30	FE-1	ПК-3 PLUS. Turbo-pump deactivation
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY incubator temperature check
		STATOKONIA. [APT] Self-Contained Temperature Logger check
		Search hardware for the PROMISS experiment.
		Payload Server [БСПН] system data and log file data dump via ISS Wiener

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

End of Radiogram