

GMT	CREW	ACTIVITY
10:45-10:55		Morning inspection
10:55-11:25		Post-sleep
11:25-12:15		BREAKFAST
12:15-12:20	FE-1	RASTENIYA-2. Hardware status check
16:00-17:30		Physical Exercise (TVIS) day 1
17:30-18:30		LUNCH
20:05-22:20	CDR	Physical Exercise (TVIS + RED)
20:45-20:55	FE-1	GCTC management greetings on the occasion of Armed Forces holiday (<i>VHF, home phone</i>)
21:30-22:00		COЖ maintenance(<i>Calldown on CBO and CП counter</i>)
22:00-23:00		Physical Exercise (VELO + Force Loader/ 1) day 1
23:00-23:15		Daily plan review
23:15-23:30		DPC (<i>S-band</i>)
23:30-23:45		Daily plan review
23:45-00:15		Prep for work
00:15-00:45		DINNER (Renal: pill ingestion)
00:45-01:15		Daily food prep
01:15-02:15		Pre-sleep
02:15-06:00		SLEEP
Task List	FE-1	Equipment search
		Re-installation of BRADOZ dosimeters A46, A41
		Updates to SODF <i>EVA from DC1</i>
		IMS delta file prep

Note: See OSTP for references to US activities
End of radiogram