

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:05	<b>CDR</b>	Elektron-VM Aerosol Filter Inspection
06:00-06:10	FE-5	Morning Inspection
06:00-06:05	FE-6	SLEEP Data Log Entry
06:05-06:10	<b>CDR, FE-6</b>	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	<b>CDR</b>	Weekly Housekeeping SM Ventilation System Preventive Maintenance Group E, Cleaning FGB QJB2
07:30-10:30	FE-5, FE-6	Weekly Housekeeping
10:30-11:00	FE-6	Psychological Evaluation Program (WinSCAT)
11:25-11:40	<b>CDR</b>	Private Psychological Conference ( <i>VHF</i> )
12:30-13:00		Weekly Planning Conference ( <i>S-band</i> )
13:00-14:00		LUNCH
14:00-14:40	<b>CDR</b>	COX Maintenance
14:00-14:05	FE-6	SSC File Server Reboot
14:05-14:10	FE-6	OCA SSC Router Reboot
15:30-17:00	<b>CDR</b>	Physical Exercise T 2
16:25-17:55	FE-5	Physical Exercise (ARED)
16:55-17:55	FE-6	Physical Exercise T 2
17:00-18:00	<b>CDR</b>	Physical Exercise (VELO), Day 1
17:55-18:55	FE-5	Physical Exercise T 2
18:00-18:05	<b>CDR</b>	Elektron-VM Aerosol Filter Inspection
18:00-19:30	FE-6	Physical Exercise (ARED)
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	<b>CDR</b>	URAGAN. Observations and Photography
		ECON. Observations and Photography
		Removable Cassette Container [CKK]. Cassette Photography
		Lake Baikal Video

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
  2. See OSTP for references to US activities
  3. Pre-sleep ops: dinner, daily food prep, evening toilet
  4. **22:00-02:00 MACT** Maximum Achievable Control Technology Test. No S-band, Ku-band, OCA, Video, command, or telemetry link available
- End of Radiogram