

BBC TV Bridge (TV Downlink)

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	Breakfast
09:30-10:30	CDR	Physical Exercise – TVIS
10:30-12:00	FE-1	Physical Exercise – TVIS – Day 2
10:30-12:00	CDR	Physical Exercise – RED
12:30-12:45	FE-1	Private Psychological Conference (<i>VHF</i>)
12:45-13:45	.	Lunch
13:45-14:10	FE-1	Setup for TV Greeting and TV Greeting to Ukraine Grain Farmeers for Ukrainee Farmers Day (To=13.41, T1, T2 T3 from CПП)
15:20-15:55	.	BBC TV Bridge (To=15.15, T1, T2 T3 from CПП)
16:25-16:40	CDR	Private Psychological Conference (<i>S-band</i>)
16:30-17:00	FE-1	COЖ Maintenance (<i>CBO and CП call down, БРПК separator inspection</i>)
17:00-18:00	FE-1	Physical Exercise (VELO + FL1) – Day 2
18:00-18:30	.	Review of Next Day's Plan
18:30-18:45	.	Daily Planning Conference (<i>S-band</i>)
18:55-19:00	FE-1	Hematocrit. Setup
19:00-19:30	.	Report Prep
19:30-20:00	.	Dinner
20:00-20:30	.	Food Prep
20:30-20:40	CDR	Pre-Sleep
20:30-21:30	FE-1	Pre-Sleep
20:40-20:55	CDR	Private Family Conference (<i>Ku+S-band</i>)
20:55-21:30	CDR	Pre-Sleep
21:30-06:00	.	Sleep
Task List	FE-1	PLANTS. Equipment Monitoring

Note: cf. OSTP for missing references to US activities

End of Radiogram