

Crew Off-Duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:05-08:20	CDR	PPC (<i>YKB</i>)
11:00-12:30	CDR	Physical exercise (TVIS + RED) day 4
12:30-13:30		LUNCH
15:00-15:40	.	Tagup with EVA specialists (<i>S-band</i>)
15:45-17:15	FE-1	Physical exercise (RED)
16:45-17:15	CDR	COЖ maintenance (Data calldown on CBO and CП counter, inspection of БРПК separator)
17:15-18:15	FE-1	Physical exercise (TVIS)
17:15-18:15	CDR	Physical exercise (VELO + Force Loader / cycle 1) day 4
18:15-18:45		Daily plan review
18:45-19:00		DPC (<i>S-band</i>)
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:25-20:40	FE-1	PFC (<i>Ku+S-band</i>)
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	URAGAN. Observation and photo imagery DIATOMEA. Ocean observation ECON. Observation and photo imagery ETD. Experiment ops MOLNIYA-SM-LSO. Hardware activation

Note: See OSTP for US procedure references

End of radiogram