

**CREW OFF DUTY.**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08.20-08.30	FE-1	PAO hardware setup
08.30-08.40	.	Crew prep for PAO
08.40-08.50		Greetings to veterans of the Great Patriotic War ( <i>S-band</i> )
08.50-09.00	FE-1	Post-PAO hardware stowage
10:30-12:00		Physical Exercise (TVIS)
11:30-11:45	CDR	Private Psychological Conference (VHF)
12:00-13:00	FE-1	Physical Exercise (RED)
12:00-13:30	CDR	Physical Exercise (TVIS), Day 1
13:30-14:30	.	LUNCH
16:45-17:15	CDR	COX maintenance
17:15-18:15		Physical Exercise (VELO + Load Trainer/Cycle 1), Day 1
17.55-18.55	FE-1	Evening work prep
18:15-19:00	CDR	Evening work prep
18.55-19.00	FE-1	O2 and CO2 monitoring
19:00-19:15	.	Daily Planning Conference ( <i>S-band</i> )
19:15-19:30	CDR	Evening work prep
19:15-19:30	FE-1	Daily Food Prep
19:30-20:00	.	DINNER
20:00-20:30	.CDR	Daily Food Prep
20.00-20.13	FE-1	Daily Food Prep
20.13-20.28	FE-1	Private Family Conference ( <i>S+Ku-band</i> )
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	CDR	MATRYOSHKA-R [MATPEШKA-P]. MOSFET-dosimeter reading

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

End of Radiogram