

SM and FGB SA Efficiency Assessment. Transition from [OCK] to [PCO]

| 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 | CDR | Physical Exercise (RED) |
| 10:30-12:00 | FE-1 | Physical Exercise (TVIS) day 4 |
| 12:00-13:00 | | LUNCH |
| 13:15-14:00 | CDR | SSC 760XD Laptop reboot |
| 15:00-15:30 | FE-1 | COЖ maintenance (БРПК inspection, calldown on CBO data and СП counter) |
| 15:25-15:40 | CDR | Private psychological conference (<i>S-band</i>) |
| 15:30-15:45 | FE-1 | Private psychological conference (<i>VHF</i>) |
| 15:50-16:50 | FE-1 | Physical Exercise (VELO + Force Loader/cycle 1) day 4 |
| 17:45-18:15 | | Daily plan review |
| 18:15-18:30 | | Daily planning conference (<i>S-band</i>) |
| 19:00-19:30 | | Report prep |
| 19:30-20:00 | | DINNER |
| 20:00-20:30 | | Daily food prep |
| 20:30-21:30 | | Pre-sleep |
| 21:30-06:00 | | SLEEP |
| Task list | FE-1 | PLANTS-2. Hardware monitoring |
| | | PULSE. Experiment ops |

Note: See OSTP for references to US activities

End of radiogram