

CREW OFF DUTY

GMT	CREW	ACTIVITY
08:25-08:35	FE-1,FE-4	Morning Inspection
08:30-08:35	FE-2	Morning Inspection
08:35-09:00		Post-sleep
09:00-09:50	.	BREAKFAST
09:50-10:05	.	Daily Planning Conference (<i>S-band</i>)
10:05-10:35		Work Prep
10:35-10:45	FE-1	BAR. Terminate Pyren Charge
10:35-10:55	FE-2	IZGIB-DAKON Experiment Ops
10:35-10:55	FE-4	Evaluation of cardiovascular system based on 24-hour Holter monitoring data (terminate)
10:45-11:00	FE-1	Verify ИП-1 Flow Meter Configuration
11:50-13:20	FE-1	Physical Exercise (TVIS), Day 3
13:50-15:20	FE-2	Physical Exercise (TVIS), Day 3
15:35-16:35		LUNCH
16:35-17:15	FE-1	COЖ Maintenance
18:25-19:55	FE-4	Physical Exercise (TVIS), Day 4
18:55-19:55	FE-2	Physical Exercise (ARED)
19:55-20:55	FE-4	Physical Exercise (ARED)
19:55-20:55	FE-1	Physical Exercise (TVIS), Day 3
21:10-21:40		Evening Work Prep
21:40-21:55	.	Daily Planning Conference (<i>S-band</i>)
21:55-23:55	.	Pre-sleep
23:55-08:25	.	SLEEP

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: daily food prep, dinner, pre-sleep
- End of Radiogram