CREW OFF DUTY. INDEPENDENT FLIGHT OF PROGRESS 364 AND ATV

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:30	CDR	Physical Exercise (TVIS) day 2
10:10-11:40	FE-2	Physical Exercise (RED)
10:20-11:50	FE-1	Physical Exercise (TVIS) day 2
11:40-12:40	FE-2	Physical Exercise (TVIS)
12:40-13:40		LUNCH
13:40-16:40	CDR, FE-1	Weekly Housekeeping ВПхО, ФС5, ФС6, ФС9 (ВДПрК), ВПрК, DC1 В3, FGB ЦВ2 Screen Cleaning
13:40-16:40	FE-2	Weekly Housekeeping
16:40-17:40	CDR	Physical Exercise (VELO + RED), day 2
17:30-18:30	FE-1	
17:35-17:50	FE-2	Private Family Conference (Ku + S-band)
17:50-18:30	CDR	СОЖ Maintenance. CBO, СП, and POTOK Air Purification System Data Downlink
18:25-18:30	FE-2	Connect DCP Power Cable
18:30-19:15		Prep for Work
19:15-19:25		Pre-sleep
19:25-19:40		Daily Planning Conference (S-band)
19:40-20:10	CDR, FE-1	DINNER
19:40-20:15	FE-2	
20:10-20:40	CDR, FE-1	Daily Food Prep
20:15-20:30	FE-2	Private Family Conference (S-band)
20:30-20:40		Daily Food Prep
20:40-21:30		Pre-sleep
21:30-06:00	•	SLEEP
Task list	CDR	ECON. Observations And Photography
	FE-1	URAGAN. Observations And Photography
		DIATOMEA. World Ocean Observations
		PLANTS-2. Payload Status Check
	CDR, FE-1	MBE-15. Pilot-M Experiment

- SM Window #9 shutter opening is at crew discretion with Report to MCC
 See OSTP for references to US activities.

End of Radiogram