

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	FE-5	Bisphosphonates Pill ingestion
06:00-06:05	FE-6	SLEEP Data Log entry
06:00-06:05	CDR	Elektron-VM Aerosol Filter inspection
06:05-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:00-10:00	FE-6	Physical Exercise (T2)
10:00-11:00	FE-5	Physical Exercise (T2)
10:00-11:30	FE-6	Physical Exercise (ARED)
11:15-11:30	CDR	Private family conference (<i>Ku+S-band</i>)
13:00-14:00	.	LUNCH
14:00-14:40	CDR	COЖ maintenance. <i>SM and FGB SVO, ЦП (Flush Counter), and POTOK Air Purification System Data Calldowns. Inspection of CPB-K2M hoses from MΦP up to БПНК separator</i>
15:25-16:55	FE-5	Physical Exercise (ARED)
15:25-16:55	CDR	Physical Exercise (T2), day 2
16:55-17:55	CDR	Physical Exercise (ARED)
17:15-17:30	FE-5	Private family conference
18:00-18:05	CDR	Elektron-VM Aerosol Filter inspection
18:15-18:50	.	Evening work prep
18:50-19:05	.	Daily planning conference (<i>S-band</i>)
19:05-19:30	.	Evening work prep
19:30-21:30	CDR, FE-5	Pre-sleep
19:30-19:35	FE-6	Pre-sleep
19:35-19:50	FE-6	Private family conference (<i>Ku+S-band</i>)
19:50-21:30	FE-6	Pre-sleep
21:30-06:00	.	SLEEP
Task list	CDR	SEINER World Ocean observations
		ECON. Observations and Photography
		Taking video of the Baikal Lake

Notes:

1. SM window No. 9 shutter opening is at crew discretion with Report to MCC / r/g 6083, 6004
2. See OSTP for references to US activities
3. Pre-sleep ops: dinner, daily food prep, evening toilet

End of radiogram