

GMT	ACTIVITY
16:30-16:35	PLASMA CRYSTAL-3 PLUS. Turbo-pump activation
16:35-16:45	Morning Inspection
16:45-17:10	Post-sleep
17:10-17:20	Daily planning conference (<i>VHF via RGS</i>)
17:20-17:55	BREAKFAST
17:55-18:00	HAM radio deactivation
18:00-18:30	Prep for Work
19:00-20:00	Physical Exercise (VELO+RED), day 4
20:00-23:35	Progress 363 Loading and IMS Updates
23:35-00:35	LUNCH
00:35-02:05	Changeout of CPBK-2M Water conditioning unit purification columns (БК БКВ)(<i>New #601009, b/c 00043707R ФГБ1ПГО_4_417_1. Discard the removed unit. Update IMS</i>)
02:05-03:35	Physical Exercise (TVIS), day 4
03:45-04:00	Verify ИП-1 sensor installation
04:00-04:40	COЖ Maintenance
04:40-05:00	IMS update
05:00-06:00	Prep for Work
06:00-06:30	Daily Food Prep
06:30-07:00	DINNER
07:00-07:55	Pre-sleep
07:55-08:00	PLASMA CRYSTAL-3. Turbo-pump deactivation
08:00-16:30	SLEEP
Task List	ТБУ (Universal Bioengineering Thermostat). Temperature check
	MATRYOSHKA-R. Monitoring Lulin-5 readings

Notes:

1. See OSTP for references to US activities.
 2. SM Window #9 shutter opening is at crew discretion, with **Report to MCC**
- End of Radiogram