## Radiogram No. 6756u CREW OFF DUTY. PROGRESS 362 LAUNCH

GMT	CREW	ACTIVITY
06:00-06:20	CDR	Nutrition: urine collection
06:00-06:10	FE-1,FE-2	Morning Inspection
06:10-06:40		Post-sleep
06:20-06:25	CDR	Nutrition: urine sample insertion in MELFI
06:25-06:45		Nutrition: stowage of urine collection kit
06:40-07:30	FE-1,FE-2	BREAKFAST
06:45-06:55	CDR	Morning Inspection
06:55-07:25		Post-sleep
07:25-08:15		BREAKFAST
08:15-09:45		Physical Exercise (RED)
10:00-10:30	FE-2	Bracelet - Preparation, Day 3 (SDTO)
10:30-11:35	CDR operator FE-2 subject	Bracelet - Scanning (SDTO) (Ku+S-band)
10:30-12:00	FE-1	Physical Exercise (TVIS), Day 2
11:35-11:55	CDR	Bracelet - close-out ops
12:00-13:00	FE-1	Physical Exercise (VELO+RED), Day 2.
12:00-13:00	FE-2	Physical Exercise (CEVIS)
13:00-14:00		LUNCH
14:00-14:05	FE-2	BCAT-3: camera checkout
15:30-16:30	CDR	Physical Exercise (CEVIS)
15:45-16:00	FE-2	Private Family Conference (Ku + S-band)
16:00-17:30		Physical Exercise (RED)
16:45-16:55	FE-1	Switch VOZDUKH to Automatic Control Mode
17:25-17:35		
17:35-18:15		СОЖ maintenance ИП-1 position verification
18:15-18:50		Evening work prep
18:50-19:05		Daily Planning Conference (S-band)
19:05-19:30		Evening work prep
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00	CDR,FE-1	SLEEP
21:30-22:30	FE-2	
22:30-22:45	FE-2	Private Family Conference (Ku + S-band)
22:45-06:00		SLEEP
Task List	FE-1	DIATOMEA. World Ocean Observations
		ECON. Observations and photography

Note: 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion End of Radiogram