

Crew off duty. ACH2401 test completion

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	Breakfast
10:15-12:30	CDR	Physical exercise (TVIS+RED)
10:45-11:00	FE-1	Private psychological conference (<i>VHF</i>)
11:30-12:30	FE-1	Physical exercise VELO-1
12:30-13:30	.	Lunch
16:15-16:45	FE-1	COЖ maintenance (<i>report to MCC usage counter (CП), water supply system (CBO), and Elektron gas-liquid mixture (ГЖС) data</i>)
16:45-18:15	FE-1	Physical exercise (VELO+Load trainer-1)-1
17:55-18:10	CDR	Private psychological conference (<i>S-band</i>)
18:10-18:15	CDR	Check O2 level on combustion products analyzer (CSA-CP)
18:15-18:45	.	Daily plan review
18:45-19:00	.	Work prep
19:00-19:15	.	Daily planning conference (<i>S-band</i>)
19:15-19:30	.	Work prep
19:30-20:00	.	Dinner. (Renal – tablet ingestion)
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	Sleep
Task List	FE-1	URAGAN. Earth observations and imagery
		DIATOMEA. Ocean observations.

Note: See OSTP for references to US procedures

End of radiogram