

**LBNP EXERCISE. CREW OFF DUTY.**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:45-09:45	CDR, FE-1 assists	LBNP Exercise (PRELIMINARY). <b>To=9:13</b> <i>Tagup w/ specialists (VHF)</i>
10:20-11:20	FE-1, CDR assists	LBNP Exercise (PRELIMINARY). <b>To=10:48.</b> <i>Tagup with specialists (VHF)</i>
10:25-11:55	FE-2	Physical Exercise (RED)
11:55-12:55	FE-2	Physical Exercise (TVIS)
12:15-12:30	CDR	Private Psychological Conference ( <i>VHF</i> )
12:50-13:50	FE-1	LUNCH
12:55-13:55	CDR,FE-2	
13:50-14:05	FE-1	Private Psychological Conference ( <i>VHF</i> )
13:55-14:35	CDR	<b>COX Maintenance. <i>CBO, C/I Flush Counter, and POTOK Air Purification System Data Downlink</i></b>
14:20-14:35	FE-2	Private Family Conference ( <i>Ku + S-band</i> )
14:35-17:35	FE-2	Weekly Housekeeping
15:15-16:45	FE-1	Physical Exercise (TVIS), day 4
16:45-18:15	CDR	
17:55-18:10	FE-2	Adding new SODF sheets
18:10-18:15	FE-2	Daily Diet Monitoring
18:15-19:15		Prep for Work
19:15-19:30		Daily Planning Conference ( <i>S-band</i> )
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	ECON. Observations and photography
	FE-1	URAGAN. Observations and photography
		DIATOMEA. World Ocean Observations

**Note**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**

2. See OSTP for references to US activities.

End of Radiogram