

CREW OFF-DUTY

| GMT | CREW | ACTIVITY |
|-------------|------|--|
| 09:30-09:40 | . | Morning Inspection |
| 09:40-10:10 | . | Post-sleep |
| 10:10-11:00 | . | BREAKFAST |
| 13:10-14:40 | FE-2 | Physical Exercise (ARED) |
| 13:30-15:00 | FE-1 | Physical Exercise (TVIS), day 2 |
| 14:30-14:45 | CDR | Private Family Conference (<i>S+Ku-band</i>) |
| 14:40-14:55 | FE-2 | Private Psychological Conference (<i>S+Ku-band</i>) |
| 15:00-16:30 | CDR | Physical Exercise (ARED) |
| 15:00-16:00 | FE-2 | Physical Exercise (TVIS) |
| 15:10-15:25 | FE-1 | A conference to discuss upcoming installation of Istochnik Telemetry System. <i>Tagup with specialists (VHF)</i> |
| 16:30-17:30 | . | LUNCH |
| 17:30-18:10 | FE-1 | COX Maintenance. CBO, CП, and POTOK Air Purification System Data Calldowns Inspection of CM-Y Connector on MHP-HC Separator Pump in ACY (behind panel 139 for moisture) |
| 17:35-17:50 | CDR | Private Family Conference (<i>S+Ku-band</i>) |
| 18:40-18:55 | FE-2 | Private Family Conference (<i>S+Ku-band</i>) |
| 19:45-20:45 | CDR | Physical Exercise (TVIS) |
| 20:40-20:45 | FE-1 | RELAXATION. Start SONY DCR-TRV900E Battery Charge |
| 20:45-21:45 | FE-1 | Physical Exercise (TVIS) |
| 21:45-22:05 | . | Evening Work Prep |
| 22:05-22:20 | . | Daily Planning Conference (<i>S-band</i>) |
| 22:20-23:00 | . | Evening Work Prep |
| 23:00-01:00 | . | Presleep (dinner, daily food prep, evening toilet) |
| 01:00-09:30 | . | SLEEP |

Notes:

1. SM Window #9 shutter opening is at crew discretion with Report to MCC
2. See OSTP for references to US activities.

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End of Radiogram