

Crew Rest

TIME	CREW	ACTIVITY
06:00-06:05	CDR	Reaction time self-test
06:00-06:10	FE-1	Morning inspection Reboot Laptop RS2(1)
06:00-06:10	FE-2	Morning inspection Reload Laptops RSS1, RSS2
06:05-06:10	CDR	Morning inspection
06:10-06:40	.	POST-SLEEP
06:40-07:30	FE-1	BREAKFAST SM [ПСС] Caution & Warning Panel Test after breakfast
06:40-07:30	CDR,FE-2	BREAKFAST
10:00-10:15	FE-1	Private family conference (<i>Ku+S-band</i>) (<i>в S/G2, S/G1-pez</i>)
10:15-11:15	CDR	Physical Exercise (CEVIS)
10:45-11:45	FE-2	Physical Exercise (VELO-1)
11:15-12:45	CDR	Physical Exercise (ARED)
11:45-13:00	FE-1	Physical Exercise (TVIS-2)
13:00-13:10	FE-1	REZERV. Comm check of SM [YKB1] using Ground Site 33
13:10-14:10		LUNCH
14:10-14:50	FE-2	[COЖ] maintenance. Data downlink: [CBO], [CFO], [ACU СПКУ] counter, and Potok [YOB] readouts in SM and FGB
14:35-14:45	FE-1	REZERV. Comm check of SM [YKB2] using Ground Site 33
17:15-18:45	FE-2	Physical Exercise (TVIS-1)
17:30-18:45	FE-1	Physical Exercise (ARED)
17:55-18:10	CDR	Private family conference
18:45-19:00	.	Daily planning conference (<i>S-band</i>)
19:00-19:30	CDR	Evening Work Prep
19:00-19:30	FE-1,FE-2	Evening Work Prep
19:30-21:25	CDR	Pre-sleep ops
19:30-21:30	FE-1,FE-2	Pre-sleep ops
21:25-21:30	CDR	Reaction time self-test
21:30-06:00	.	Sleep
Task List	FE-1,FE-2	[CKK]: cassette photography Prep for Roskosmos website report SEINER. Study of ocean surface waters ECON-M. Visual observations and photography URAGAN. Visual observations and photography

Notes:

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
2. See OSTP for references to US activities.
3. Pre-sleep ops: dinner, daily food prep, pre-sleep
4. **Physical exercise on USOS trainers by Russian crewmembers will be done in strict accordance with Form 24 or OSTPV**

End of Radiogram