

Transition form OCK to PCO. Crew Off-Duty.

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning inspection
06:00-06:05	FE-1	
06:05-06:10		PLASMA CRYSTAL-3. Activation of turbo-pump.
06:10-06:40	.	Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:40-11:10		TV downlink: Greetings on the 30-year Anniversary of Mission Control Group (<i>Start To=10.39, T1, T2, T3 by Automated Daily Timeline (СПП)</i>)
11:30-12:20	FE-1	Physical Exercise (VELO + Load Training – cycle 1) day 3
12:30-13:30	CDR	LUNCH
12:20-12:30	FE-1	Private family conference (<i>VHF: Home phone</i>)
12:30-13:25		LUNCH
13.25-13.55		PLASMA CRYSTAL-3. Prep for experiment. <i>Tag-up with specialists (S-band)</i>
13.55-14.30		PLASMA CRYSTAL -3. Experiment (init). <i>Tag-up with specialists (S-band)</i> . TV downlink
14:30-15:00		Weekly planning conference (<i>S-band</i>)
15:20-15:30	FE-1	PLASMA CRYSTAL -3. Experiment (completion). <i>Tag-up with specialists (S-band)</i>
15:30-16:00		PLASMA CRYSTAL -3. Copying data from hard drive. <i>Tag-up with specialists (S-band)</i>
16:00-16:30		PLASMA CRYSTAL -3. Removal of hardware
15:30-16:30	CDR	Physical Exercise (CEVIS)
16:30-17:45		Physical Exercise (RED)
17:30-18:00	FE-1	COЖ maintenance
18:00-19:30		Physical Exercise (TVIS) day 3
18:00-18:15	CDR	Private family conference (<i>S + Ku-band</i>)
19:30-20:00		DINNER (Renal: Pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Task List	FE-1	URAGAN. Observation and photo ops
		DIATOMEA. Ocean observation
		ECOM. Observation and photo ops

Note: See OSTP for references to US activities

End of radiogram