

Crew Off Duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		BREAKFAST
08:15-08:30	CDR	БМП Ф1 Cartridge regeneration (end)
08:20-08:25	FE-1	HAM Radio Hardware Setup
08:25-08:35		HAM Radio Session
08:30-08:45		БМП Ф1 Cartridge regeneration (start)
08:45-08:55	CDR	Orlan Battery 825M3 Discharge (end)
08:55-09:05		Teardown of 3Y-C Setup for Orlan Battery 825M3 Discharge
10:30-12:00	FE-1	PHYSICAL EXERCISE: (RED)
11:00-12:30	CDR	PHYSICAL EXERCISE: (TVIS + RED) – Day 3
12:00-13:00	FE-1	PHYSICAL EXERCISE: TVIS
13:00-13:05		Weekly TVIS Maintenance
13:05-14:05		LUNCH
14:05-14:10	FE-1	ISS- 9 PL Status Check
14:10-14:20		PAO Hardware Setup
14:20-14:30		Crew Prep for PAO
14:30-14:45		TV Downlink: N. I. Chekin Birthday Greeting (<i>Ku+S-band</i>)
16:00-16:30	FE-1	COЖ Maintenance (<i>БРПК Inspection</i>)
16:00-16:30	CDR	Portable Repress Unit (БНП) Teardown in Orbital Compartment (stow)
16:30-17:30		PHYSICAL EXERCISE (VELO+FL-1) – DAY 4
18:00-18:15		Questionnaire – Log Entry
18:15-18:45		Review of Next Day's Plan
18:45-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:30		Report Prep
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep
Task List	CDR	Nerocog. Equipment Setup
		Cardiocog

Note: Cf. OSTP for missing references to US activities.

END OF RADIOGRAM