

**CREW OFF DUTY.**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-09:05	FE-2	MEFLI Bioprocessor: status check
09:05-09:10		CGBA 4 Bioprocessor: status check
09:40-11:10	FE-1	Physical exercise (TVIS), day 1
10:05-10:25	CDR	Private family conference ( <i>S+Ku-band</i> )
11:10-12:40		Physical exercise (TVIS), day 1
11:35-11:55	FE-1	Private family conference ( <i>S+Ku-band</i> )
11:40-12:40	FE-2	Physical exercise (RED)
12:40-13:40		LUNCH
13:40-13:45	FE-2	MEFLI Bioprocessor: status check
13:50-14:05		Private family conference ( <i>S+Ku-band</i> )
15:10-16:10	CDR	Physical exercise (VELO+RED), day 1
15:25-15:40	FE-2	Private family conference ( <i>S+Ku-band</i> )
15:40-17:10		Physical exercise (TVIS)
17:10-17:25		Private psychological conference ( <i>S-band</i> )
17:15-18:15	FE-1	Physical exercise (VELO+RED), day 1
17:45-18:15	CDR	COЖ maintenance. <b>Downlink CП and CBO data. Report overall Potok operating time and duration of Potok operation to MCC</b>
18:05-18:10	FE-2	CGBA 4 Bioprocessor: status check
18:10-18:15		MEFLI Bioprocessor: status check
18:15-18:45		Evening work prep
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:30		Evening work prep
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
	FE-1	DIATOMEYA. World ocean observations

**Note:** See OSTP for references to US activities.  
End of radiogram