

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30		BREAKFAST
10:00-11:30	FE-1	Physical Exercise (TVIS), day 4
11:30-13:00	CDR	
12:00-13:00	FE-2	Physical Exercise (RED)
13:00-14:00	.	LUNCH
14:00-14:30	FE-1	Replacement of urine receptacle [MΠ] and filter-insert [Φ-B] in the toilet [ACY]
14:20-14:35	CDR	Private Psychological Conference (VHF)
14:40-14:55	FE-2	Private Family Conference (Ku + S-band)
14:45-15:15	CDR	COЖ maintenance. <b>CBO, CΠ data calldown. Report to the ground YOB Помок 150MK [Potok Air Purification System] total operation hours, ON time duration</b>
15:15-16:45	FE-2	Physical Exercise (TVIS)
15:55-16:10	FE-1	Private Psychological Conference (VHF)
16:20-16:35	CDR	TV downlink showing DC1-Progress interface before hatch closing (Ku-band)
16:45-17:45	FE-1	Physical Exercise (VELO+RED) day 4
17:15-18:15	CDR	
18:15-18:30		Daily Planning Conference (S-band)
18:30-19:30		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>	FE-1	DIATOMEA. World Ocean Observations

**Note:** See OSTP for references to US activities.

End of Radiogram