

**Regul-OS Test (3rd H/W set) / ? ? ? ?\* Training**

GMT	Crew	Activity / <i>ODF or R/G</i>
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:00–07:30	PLT	PLASMA CRYSTAL-3: video downlink / <i>?? .2.8, pages 2-30 to 2-31</i>
07:55–08:15	PLT	Pump O <sub>2</sub> from Progress ? ? ? ? into ISS / <i>?? ?? item 3.7, pages 3-2 to 3-3 on GO from MCC</i>
08:20–09:20	PLT	? ? ? ? : training, assist / <i>MO Vol.2 / item 3.4, pages 3-16 to 3-24</i>
08:20–09:20	FE-1	? ? ? ? : training / <i>MO Vol. 2 / item 3.4, pages 3-16 to 3-24</i> T <sub>0</sub> =08.49
09:20–09:35	CDR	PRIVATE PSYCHOLOGICAL CONFERENCE
09:25–09:40	PLT	Finish regeneration of ? 2 absorption cartridge ( ? ? ? ) / <i>?? ?? ?? item 7.3, pages 7-4 to 7-5, steps 2, 4</i>
09:55–10:55	FE-1	? ? ? ? : training, assist / <i>MO Vol.2 / item 3.4, pages 3-16 to 3-24</i>
09:55–10:55	PLT	? ? ? ? : training, assist / <i>MO Vol.2 / item 3.4, pages 3-16 to 3-24</i> T <sub>0</sub> =10.25
12:00–12:10	FE-1, PLT	PRIVATE PSYCHOLOGICAL CONFERENCE
12:15–13:15		LUNCH
13:35–14:00		ISS-1/ISS-2 crew conference
15:18–15:33	CDR	PRIVATE FAMILY CONFERENCE via OCA
16:20–16:25	FE-1	Downlink ? ? ? data
16:25–16:30	FE-1	Downlink ?? counter data
19:00–19:30		DINNER
19:30–20:00		Review plan for the next day
20:00–20:30		Daily food ration prep
20:30–21:30		Pre-sleep

## NOTES:

Earth observations. OCA (candidate activity)

End of radiogram

\* ? ? ? ? – Lower Body Negative Pressure device (*translator's note*)