

REGUL-OC [PEFYЛ-OC] STRING 1 TEST

GMT	CREW	ACTIVITY
05:00-05:10	.	Morning inspection
05:10-05:40	.	Post-sleep
05:40-06:30	.	BREAKFAST
07:30-09:00	CDR	Physical Exercise (CEVIS)
08:00-09:00	FE-2	Physical Exercise (RED)
08:35-08:50	FE-1	Conference with Election Committee Representatives (<i>VHF</i>)
10:10-10:25		Private Psychological Conference (<i>VHF</i>)
10:25-11:25		Physical Exercise (VELO+RED) day 2
11:25-11:30		On MCC Go ISS O2 repress from Progress 358 CpПK (start)
11:30-12:30	.	LUNCH
12:30-12:35	FE-1	ISS O2 repress from Progress 358 CpПK (terminate)
13:30-14:30	CDR	Physical Exercise (RED)
14:00-15:30	FE-2	Physical Exercise (TVIS)
15:15-15:45	FE-1	COЖ maintenance. <i>CBO, CП data calldown</i> . Liquid Unit БЖ #056 pressure monitoring
15:37-15:52	FE-2	Private Family Conference (<i>S+Ku-band</i>)
15:45-17:15	FE-1	Physical Exercise (TVIS) day 2
16:25-16:40	CDR	Private Psychological Conference (<i>S-band</i>)
16:40-16:55	FE-2	Private Psychological Conference (<i>S-band</i>)
17:15-17:30	.	Evening work prep
17:30-17:45	.	Daily Planning Conference (<i>S-band</i>).
17:45-18:30	.	Evening work prep
18:30-19:00	.	DINNER
19:00-19:30	.	Daily Food Prep
19:30-20:30	.	Pre-sleep
20:30-06:00	.	SLEEP
Task List	FE-1	TБY (Universal Bioengineering Thermostat). Temperature check
		On MCC GO Terminate data collection from [ACH-M] to Laptop3, set-up teardown, [ACH-M] deactivation
		PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank
		DIATOMEA. World Ocean Observations
		ECON. Observation and photography

Note: See OSTP for references to US activities.

End of Radiogram