

OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:55-08:00	FE-2	IMS file auto import/export
07:55-08:00	FE-1	PLANTS-2. Payload status check
08:15-10:00	FE-1	Weekly station cleaning
08:15-11:15	CDR, FE-2	Weekly station cleaning
10:00-10:30	FE-1	TV session. Private family conference (To=10.03; T1,T2,T3 will be initiated by the СПП - Automated Daily Timeline))
10:30-11:15	FE-1	Weekly station cleaning
11:15-11:20	FE-1	СП counter status calldown
11:20-11:25	FE-1	CBO status calldown
11:25-11:30	FE-1	Elektron VM system: monitoring air in gas-liquid mixture (ГЖС)
11:30-12:30	CDR	Physical exercise (TVIS)
11:30-12:30	FE-1	Physical exercise (VELO + Load Trainer 1, day 3)
11:30-12:00	FE-2	CMS – transfer Heart Rate Monitor files to the MEC computer
12:00-12:20		CMS – delete Heart Rate Monitor files
12:30-13:30	.	LUNCH
13:40-13:55	FE-2	Private psychological conference (<i>S-band</i>)
13:55-14:10	CDR	Private psychological conference (<i>S-band</i>)
14:15-15:15	FE-2	Physical exercise (TVIS)
14:30-15:10	CDR	Transfer TVIS/RED/CVIS data to the MEC
15:15-16:45	FE-2	Physical exercise (RED)
15:20-15:35	CDR	Private family conference (<i>S-band</i>)
15:50-16:30	FE-1	COЖ maintenance
16:45-18:15	FE-1	Physical exercise (TVIS, day 3)
16:45-18:15	CDR	Physical exercise (RED)
17:00-17:15	FE-2	Private family conference (<i>S-band</i>)
18:15-18:45	.	Daily plan review
18:45-19:00	.	Daily planning conference (<i>S-band</i>)
19:00-19:30	.	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

Note: See OSTP for references to US activities.

Task List: Uragan - R/G 5547

Diatomea - R/G 5548

Pulse - R/G 5549

End of radiogram