

CREW OFF DUTY

| GMT | CREW | ACTIVITY |
|------------------|------|---|
| 06:00-06:10 | . | Morning inspection |
| 06:10-06:40 | . | Post-sleep |
| 06:40-07:30 | . | BREAKFAST |
| 08:45-09:00 | FE-1 | Regeneration of БМП Φ2 cartridge (end) |
| 08:55-09:00 | CDR | Disconnect DCP power cable |
| 09:00-09:20 | FE-1 | Activation of Elektron |
| 09:00-10:30 | CDR | Physical exercise (RED) |
| 10:30-11:30 | CDR | Physical exercise (TVIS) |
| 11:30-13:00 | FE-1 | Physical Exercise (TVIS) day 2 |
| 12:55-13:00 | CDR | Transfer TVIS, RED, and HRM data to MEC. |
| 13:00-14:00 | . | LUNCH |
| 16:20-16:35 | CDR | Private family conference (<i>Ku + S -band</i>) |
| 17:10-18:10 | FE-1 | Physical Exercise (VELO+Load Trainer/cycle 1) day 2 |
| 17:40-18:10 | CDR | COЖ maintenance |
| 18:10-18:40 | . | Daily plan review |
| 18:40-18:55 | . | Daily planning conference (<i>S-band</i>) |
| 18:55-19:25 | . | Report prep |
| 19:30-20:00 | FE-1 | Daily food prep |
| 19:30-19:40 | CDR | Daily food prep |
| 19:40-19:55 | CDR | Private family conference (<i>Ku + S -band</i>) |
| 19:55-20:00 | CDR | Daily food prep |
| 20:00-20:30 | . | DINNER |
| 20:30-21:30 | . | Pre-sleep |
| 21:30-06:00 | . | SLEEP |
| Task List | FE-1 | PLANTS-2. Payload status check |
| | | Preparing БПИ configuration files for downlink |

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