

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:45	CDR	Regeneration of $\Phi 2$ absorption bed in БМП (end)
07:45–07:55		On MCC GO: pressurization of ISS with O ₂ from Progress-247 CpПK system
07:55–08:20		Maintenance of COЖ
08:20–08:25		Calldown of CП counter status
08:25–08:30		Calldown of CBO water supply status
08:35–08:40		Inspection of БРПK-2 separator
11:15–12:30	FE-1	Physical exercise (TVIS)
11:30–12:30	CDR	Physical exercise (VELO + Load Trainer-1 / day 3)
12:30–13:30		LUNCH
13:30–13:35	FE-1	IMS auto import/export
13:55–14:25		Daily plan review
14:25–14:40		Daily planning conference (<i>S-band</i>)
14:55–15:10	FE-1	Private family conference (<i>Ku+S-band</i>)
16:00–17:30	CDR	Physical exercise (TVIS-3)
16:15–17:30	FE-1	Physical exercise (RED)
18:30–18:45	CDR	Private family conference (<i>Ku+S-band</i>)
19:00–19:30		Prep for work
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.

End of radiogram