

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	CDR	PLANTS-2. Payload status check
09:20-09:25	FE -1	IMS auto import/export
09:25-10:40		Physical exercise (TVIS)
09:55-10:20	CDR	Maintenance of COЖ
10:20-10:25		ELECTRON-VM: monitoring free air in the gas/liquid mix
10:25-10:30		Calldown of CП counter status
10:30-10:35		Calldown of CBO water supply status
10:40-11:40		Physical exercise (БЕЛО+HC-1), day 4
11:40-12:40		LUNCH
12:40-12:55	CDR	Private family conference ( <i>S+Ku-band</i> )
13:35-13:50	FE -1	Private psychological conference ( <i>S-band</i> )
16:45-18:15	CDR	Physical exercise (TVIS), day 4
17:00-18:15	FE -1	Physical exercise (RED)
18:15-18:40		Daily plan review
18:40-18:55		Daily planning conference ( <i>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