

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:40-11:55	CDR	Physical Exercise (TVIS + RED)
10:35-10:40	FE -1	<b>On MCC go</b> station repress from Progress 248 using the 2 <sup>nd</sup> CpПК section (start)
10:40-12:10	FE -1	Physical Exercise (TVIS), day 1
12:10-13:10	.	LUNCH
13:10-13:25	FE -1	PPC (VHF)
16:40-16:45	FE -1	<b>On MCC go</b> station repress from Progress 248 using the 2 <sup>nd</sup> CpПК section (end)
16:45-17:15	FE -1	COЖ maintenance ( <b>Report to MCC:</b> CBO, CP counter data; gas bubble volume monitoring in 'ELECTRON' ГЖС, БРПК inspection)
17:15-18:15	FE -1	Physical Exercise (VELO + Force Loader/cycle1), day 1
18:15-18:30	.	Daily plan review
18:30-18:45	.	DPC (S-band)
18:45-19:00	.	Daily plan review
19:00-19:30	.	Prep for work
19:30-20:00	FE -1	Daily food prep
19:30-19:45	CDR	Daily food prep
19:45-20:00	CDR	PFC (S-band)
20:00-20:30	.	DINNER
20:30-21:30	.	Post-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	FE -1	Equipment search
		RELAKSATSIA. Hardware teardown

**Note:** See OSTP for references to US activities  
End of radiogram