

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 | FE-1 | БМП Ф1 Cartridge Regeneration (Start) |
| 10:05-11:00 | CDR | Potable Water Sampling for In-Flight Chemical and Microbial Analysis CBO-3B, CPBK-2M Sampling |
| 11:00-12:30 | FE-1 | Physical Exercise – TVIS – Day3 |
| | CDR | Physical Exercise - RED |
| 12:30-13:30 | . | Lunch |
| 15:00-16:00 | FE-1 | Physical Exercise (VELO + FL1) – Day 3 |
| 15:20-16:20 | CDR | Physical Exercise – TVIS |
| 16:15-16:55 | FE-1 | ПУ1 Usage Counter Replacement (ACY) |
| 16:20-16:25 | CDR | Weekly TVIS Maintenance |
| 16:25-16:30 | | TVIS, RED, and HRM Data Transfer to MEC |
| 16:30-16:35 | | Ham Radio Session Hardware Setup |
| 16:35-16:45 | | PAO Hardware Setup |
| 16:47-16:56 | | HAM Radio Session |
| 16:55-17:05 | FE-1 | Подготовка экипажа к проведению PAO |
| 16:56-17:05 | CDR | |
| 17:05-17:25 | . | Educational PAO (<i>Ku+S-band</i>) |
| 17:25-17:40 | . | Review of Next Day's Plan |
| 17:40-17:55 | . | Daily Planning Conference (<i>S-band</i>) |
| 17:55-18:10 | . | Review of Next Day's Plan |
| 18:10-18:40 | . | Report Prep |
| 19:15-19:45 | FE-1 | Food Prep |
| 19:30-20:00 | CDR | |
| 19:45-20:15 | FE-1 | Dinner |
| 20:00-20:30 | CDR | |
| 20:15-21:15 | FE-1 | Pre-Sleep |
| 20:30-21:30 | CDR | |
| 21:15-21:30 | FE-1 | БМП Ф1 Cartridge Regeneration (End) |
| 21:30-06:00 | . | Sleep |
| Task List | FE-1 | PLANTS-2. Equipment Monitoring |

Note: cf. OSTP for missing references to US activities

End of Radiogram