

REST

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly station cleanup
10:30-11:30	FE-2	Physical exercise (VELO + Load Trainer 1), day 1
10:30-10:35	CDR	Inspection of БРПК separator
10:35-10:40		CKB [BP] fan inspection
11:00-12:00		Physical exercise (TVIS, day 1)
11:30-11:50	FE-2	On MCC Go ISS Repress with O2 from Progress CPК
12:00-12:10		Private psychological conference (<i>VHF</i>)
12:00-12:30	CDR	Physical exercise (Active Rest)
12:30-13:30	.	DINNER
13:35-13:45	CDR	Private psychological conference (<i>VHF</i>)
14:00-14:30	.	Daily planning conference (<i>S-band</i>)
14:30-14:40	FE-1	Daily payload status check
16:20-17:00	FE-2	COЖ maintenance
16:30-18:00	FE-1	Physical exercise (RED)
17:00-18:00	FE-2	Physical exercise (TVIS, day 1)
18:00-19:00	CDR	Physical exercise (TVIS, day 1)
18:00-19:00	FE-1	Physical exercise (CEVIS)
18:00-18:30	FE-2	Physical exercise (Active Rest)
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note:

1. See OSTP for references to US activities.

2. Task List (CDR): **URAGAN**
DIATOMEA
KROMKA

End of radiogram