

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
13:00-13:10		Morning Inspection
13:10-13:40		Post-sleep
13:40-14:30		BREAKFAST
14:30-14:40	CDR	Audit contingency water containers (CWC)
15:00-16:30		Physical Exercise (RED)
15:00-15:30	FE-1	Vozdukh activation after a time off
15:30-16:30		Physical Exercise (TVIS)
16:30-16:35		<b>On MCC</b> Go ISS O2 repress from Progress CpПК (start)
16:30-18:00	FE-2	Physical Exercise (RED)
17:05-17:10	CDR	HAM radio session setup
17:10-17:20		HAM Radio Session
17:35-17:40	FE-1	ISS O2 Repress from Progress CpПК (terminate)
18:45-19:05	CDR	Nutrition - setting up hardware for urine collection
18:50-19:30	FE-1	COЖ Maintenance
19:05-19:15	CDR	Nutrition - setting up hardware for drawing blood
19:15-19:30		Questionnaire - CDR journal entry
19:25-19:30	FE-2	Transfer TVIS/RED/HRM data to MEC
19:30-21:30		Presleep (Dinner, Daily Food Prep, Evening Toilet)
21:30-06:00		SLEEP

**Notes:**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
  2. See OSTP for references to US activities.
- End of Radiogram