

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:00-08:05	FE -2	СП counter data calldown
08:05-08:10	CDR	Inspection of БРПК-2 separator
		Inspection of fan on operating air conditioner (CKB)
08:10-08:50	FE -2	[CBO] data calldown
		COЖ maintenance
10:00-11:00	CDR	Physical exercise (TVIS, day 3)
10:20-10:30	FE -1	Payload status check
10:30-12:00		Physical exercise (RED)
11:00-11:30	CDR	Physical exercise (Active Rest)
11:30-12:30	FE -2	Physical exercise (TVIS, day 3)
12:00-13:00	FE -1	Physical exercise CEVIS
12:30-13:00	FE -2	Physical exercise (Active Rest)
13:00-14:00	.	LUNCH
14:50-15:05	FE -1	Private psychological conference ( <i>S-band</i> )
16:00-17:00	FE -2	Physical exercise (VELO + Load Trainer 1, day 3)
16:30-16:45	FE -1	Private family conference ( <i>S-band</i> )
16:40-17:40	CDR	Physical exercise (TVIS, day 3)
17:40-18:00		ISS Repress with O2 from Progress СРПК ( <b>On MCC Go</b> )
17:40-17:55	FE -2	Private family conference ( <i>VHF</i> )
18:00-18:15	CDR	Work prep
18:15-18:30	.	Daily planning conference ( <i>S-band</i> )
18:30-19:00		Daily plan review
19:00-19:15	CDR	Work prep
19:00-19:30	FE -1, FE -2	
19:15-19:30	CDR	Private family conference ( <i>VHF</i> )
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: **Uragan**  
**Diatomea**  
**HDTV**

End of radiogram