

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning inspection.
	FE-1	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:15-08:25	CDR	2nd Orlan battery pack 825M3 discharge - setup for discharge
09:30-10:30	FE-1	Physical Exercise (TVIS)
10:30-12:00	CDR	Physical Exercise (TVIS) day 2
	FE-1	Physical Exercise (RED)
12:00-12:20		Weekly ISS crew conference with the Program management ( <i>S-band</i> )
13:00-14:00		LUNCH
14:00-14:20	CDR	Private family conference ( <i>Ku + S-band</i> )
14:50-14:55		<b>On MCC GO:</b> ISS O2 repress from Progress 353 CpПК (Oxygen Supply Facility) (start)
15:55-16:00		ISS O2 repress from Progress 353 CpПК (terminate)
16:45-17:45		Physical Exercise (VELO + Force Loader - 1), day 2
17:45-18:15		COЖ maintenance
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:25	CDR	Pre-sleep
20:30-21:30	FE-1	
21:25-21:30	CDR	2nd Orlan battery pack 825M3 discharge - terminate
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities.

End of radiogram