

Crew Rest

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:30-10:30	CDR	Physical Exercise (TVIS)
10:30-12:00	FE-1	Physical exercise (TVIS) day 2
	CDR	Physical exercise (RED)
12:00-13:00	.	LUNCH
13:00-13:30	.	Weekly planning conference (<i>S-band</i>)
13:30-14:30	.	Adaptation and station familiarization
14:40-14:45	CDR	Mass Constituents Analyzer (MCA) valve open
15:55-16:05	FE-1	Switching CAN БСПН [Payload Server Unit] via ISS Wiener. <i>Tagup with specialists (VHF)</i>
18:00-18:30	FE-1	COX maintenance (<i>БПНК separator inspection</i>)
18:00-18:15	CDR	Questionnaire - log entry
18:15-18:20	CDR	Transfer TVIS data to MEC
18:20-18:25	CDR	Mass Constituents Analyzer (MCA) valve close
18:30-19:30	FE-1	Physical exercise (VELO+Load Trainer/Cycle 1), Day 2
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task list	FE-1	PLANTS-2. Payload status check
		URAGAN Observation and photo imagery

Note: See OSTP for references to US activities.

End of radiogram