

Crew Off Duty.

GMT	Crew	Activity
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
08:30-08:35	CDR	Electron-VM Gas-Fluid System (ГЖС) Air Check
08:35-08:40		СП Counter Reading Call-Down
08:40-08:45		CBO Call-Down
08:45-08:50		PLANTS-2. Equipment Monitoring
09:45-11:00	FE-1	PHYSICAL EXERCISE TVIS
11:00-12:30	CDR	PHYSICAL EXERCISE TVIS - 2
12:25-12:30	FE-1	Automatic IMS File Import/Export
12:30-13:30		Lunch
14:05-14:20	CDR	Private Family Conference (<i>S-band</i>)
14:45-15:00	FE-1	
16:15-16:30		
16:50-17:15	CDR	COЖ Maintenance
17:00-18:15	FE-1	PHYSICAL EXERCISE RED
17:15-18:15	CDR	PHYSICAL EXERCISE (VELO+FL-1) - 2
18:15-18:30		Review of Daily Plan
18:30-18:45		Daily Planning Conference (<i>S-band</i>)
18:45-19:00		Review of Daily Plan
19:00-19:30		Work Prep
19:30-20:00		Dinner
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep

Note: Cf. OSTP for missing references to US activities.
END OF RADIOGRAM