

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection.
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:17-10:27	CDR	Private psychological conference ( <i>VHF</i> )
10:30-11:30	FE-1	Physical exercise (TVIS)
11:30-13:00	CDR	Physical Exercise (TVIS) Day 4
11:30-13:00	FE-1	Physical exercise (RED)
13:00-14:00	.	LUNCH
14:30-14:40	CDR	Soyuz 216 system status data downlink per $\Phi 03$ ( <i>S-band</i> )
16:35-16:40		<b>On MCC GO:</b> ISS O2 repress from Progress 354 CpПК (Oxygen Supply Facility) (start)
16:40-17:40		Physical Exercise (VELO + Load Trainer/Cycle 1), day 4
17:40-17:45		ISS O2 repress from Progress 354 CpПК (terminate)
17:45-18:15		COЖ maintenance. <i>Inspection of БПК separator. CBO, CП counter calldowns</i>
18:15-18:45	.	Daily plan review
18:45-19:00		Daily planning conference (S-band)
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	PLANTS-2. Payload status check
		ECON experiment photo imagery

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

End of radiogram