

**OFF-DUTY DAY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:55-08:00	FE-1	PLANTS-2. Payload status check
08:00-08:15		Micropurification unit (БМП): Φ2 absorbent cartridge regeneration (term)
08:10-08:15	FE-2	IMS file auto import/export
08:15-11:15		Weekly cleaning
11:15-11:20	FE-1	БРПК separator inspection
11:20-11:35		Program management tagup ( <i>S-band</i> )
11:35-12:35	FE-1	Physical exercise (VELO + Load Trainer 1, day 1)
12:35-13:35		LUNCH
14:00-14:30		Weekly planning conference ( <i>S-band</i> )
15:22-15:27	CDR	HAM radio session prep
15:27-15:37		HAM radio session
15:45-17:15		Physical exercise (RED)
16:15-17:15	FE-2	Physical exercise (VELO)
17:15-18:45		Physical exercise (RED)
17:15-18:45	FE-1	Physical exercise (TVIS, day 1)
18:30-19:30	CDR	Physical exercise (VELO)
18:45-19:25	FE-1	COЖ maintenance
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities.  
End of radiogram