

Crew Day Off

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-1	PLANTS-2. Equipment monitoring
07:30-08:10	FE-2	COX maintenance
08:00-08:05	FE-1	Calldown of CBO water supply status (<i>S-band</i>)
08:05-08:10		Calldown of CП counter status (<i>S-band</i>)
08:10-08:15		Elektron-VM Gas-Fluid System Air Bubble Monitoring
09:00-09:05	FE-2	Automatic File Import/Export in IMS
09:05-09:10		ACS: CO2 reading
10:00-11:30	CDR	Physical exercise (RED)
11:00-12:30	FE-1	Physical exercise (TVIS – Active Rest)
12:30-13:30	.	LUNCH
13:35-13:45	CDR	Private conference with Head of the Astronaut Corp in Houston (<i>S-band</i>)
14:00-14:15	FE-2	Private family conference (<i>S-band</i>)
14:40-14:50	CDR	LAB P/L status check and monitoring
14:55-15:10	FE-2	Private psychological conference (<i>S-band</i>)
15:15-15:30	CDR	Private psychological conference (<i>S-band</i>)
15:35-16:35	FE-2	Physical exercise (TVIS)
15:45-16:00	CDR	Private family conference (<i>S-band</i>)
16:35-18:05	FE-2	Physical exercise (RED)
16:35-17:35	CDR	Physical exercise (TVIS)
17:00-17:15	FE-1	Private family conference (<i>S-band</i>)
17:15-18:15		Physical exercise (VELO + Load Trainer) – Active Rest
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (<i>S-band</i>)
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: See OSTP for references to US procedures

End of radiogram