

Crew Off Duty.

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:00-11:30	FE-1	Physical exercise (TVIS), day 1
10:25-11:55	CDR	Physical Exercise (RED)
11:30-11:45	FE-1	Private psychological conference (<i>VHF</i>)
11:55-12:55	CDR	Physical Exercise (TVIS)
12:55-13:00	CDR	Transfer TVIS, RED, and HRM data to MEC.
13:00-14:00	.	LUNCH
14:00-14:30	FE-1	COЖ maintenance (<i>CBO, CП calldowns, БРПК inspection</i>)
14:00-14:20	CDR	Terminate Orlan helmet light battery recharge and install the battery
14:20-14:50	CDR	Refilling and installation of Orlan drinking water bag
14:50-15:20	FE-1	Refilling and installation of Orlan drinking water bag
17:15-18:15	FE-1	Physical Exercise (VELO+Load trainer/Cycle 1), day 1
17:45-18:00	CDR	Private psychological conference (<i>S-band</i>)
18:15-18:35	.	Daily plan review
18:35-18:50	.	Daily planning conference (<i>S-band</i>)
18:50-19:00	.	Daily plan review
19:00-19:30	.	Report prep
19:30-19:55	CDR	DINNER
19:30-20:00	FE-1	DINNER
19:55-20:10	CDR	Private family conference (<i>Ku + S-band</i>)
20:00-20:30	FE-1	Daily food prep
20:10-20:40	CDR	Daily food prep
20:30-21:30	FE-1	Pre-sleep
20:40-21:30	CDR	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1	PLANTS-2. Payload status check
		Copy data from the Payload Server [БСПН] to a flash card via ISS WIENER

Note: See OSTP for references to US activities.

End of Radiogram