

Crew Off Duty

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: payload status check
08:15–08:20	FE-2	ACS CDMK CO2 read
		IMS file auto import/export
08:20–08:25	FE-1	Calldown of CBO water supply status
08:25–08:30		Calldown of CП flush counter status
08:30–08:35		ELECTRON-VM: gas/liquid mix air quantity check
08:35–08:50		On MCC GO: regeneration of Φ2 absorption bed in БМП (end)
10:00–11:00	CDR	Physical exercise (TVIS)
11:00–12:30		Physical exercise (RED)
	FE-1	Physical exercise (TVIS-1)
12:30–13:30		LUNCH
13:30–14:10	CDR	Transfer of TVIS/RED/CVIS files to MEC
	FE-2	Maintenance of COЖ
14:35–14:50	FE-1	Private family conference (<i>VHF</i>)
14:55–15:10	FE-2	Private family conference (<i>Ku+S-band</i>)
15:15–15:20		ACS CDMK CO2 read
15:25–15:40		Private psychological conference (<i>Ku+S-band</i>)
15:45–16:45		Physical exercise (TVIS)
16:00–16:15	CDR	Private psychological conference (<i>Ku+S-band</i>)
16:35–16:50		Private family conference (<i>Ku+S-band</i>)
16:45–18:15	FE-2	Physical exercise (RED)
17:15–18:15	FE-1	Physical exercise (VELO + Load Trainer / day 1)
18:15–18:45		Daily plan review
18:45–19:15		Prep for work (evening)
19:15–19:30		Daily planning conference (<i>S-band</i>)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note:

1. See OSTP for references to US procedures
2. Task List : FE-1 :
URAGAN
DIATOMEA
PROFILAKTIKA
KROMKA

End of radiogram