

Crew Off-Duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-11:30	FE-1	Physical exercise (CEVIS)
11:30-13:00		Physical Exercise (RED)
	CDR	Physical Exercise (TVIS) Day 2
13:00-14:00		LUNCH
16:30-16:35	CDR	On MCC GO: ISS O2 repress from Progress 353 CpПK (Oxygen Supply Facility) (start)
16:35-17:35		Physical Exercise (VELO + Load Trainer-1), day 2
17:35-17:40		ISS O2 repress from Progress 353 CpПK (terminate)
17:40-18:10		COЖ maintenance
18:05-18:10	FE-1	Transfer TVIS, RED, and HRM data to MEC
18:10-18:40		Daily plan review
18:40-18:55		Daily planning conference (<i>S-band</i>)
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
Task List	CDR	System data and Wiener БСПН log file dump
		Copy data from the Payload Server Unit [БСПН] to a flash card via ISS WIENER

Note: See OSTP for references to US activities.

End of radiogram