

Crew Off-Duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:25-10:30	FE-1	RASTENIYA-2. Hardware Operation Monitoring
10:30-12:00		Physical Exercise (TVIS) day 1
12:00-13:00		LUNCH
13:05-13:20	FE-1	Private psychological conference (<i>VHF</i>)
15:00-15:30		COЖ maintenance (<i>calldown of CBO, CП data</i>)
15:30-16:00		On MCC Go Operation of 2 Solid Oxygen Generators (TFK)
15:45-18:00	CDR	Physical Exercise (TVIS+RED)
17:15-18:15	FE-1	Physical Exercise (VELO+ForceLoader-1) day 1
18:15-18:45		Daily plan review
18:45-19:00		DPC (<i>S-band</i>)
19:00-19:30		Report prep
19:30-20:00		DINNER (Renal: pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	FE-1	Equipment search
		RASTENIYA-2: Container water top off
		EMER-1 <i>P&I</i>

See OSTP for references to US activities

End of radiogram