

**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	CDR	PLANTS-2: payload status check
07:50-07:55		ELECTRON-VM: monitoring free air in the gas/fluid mix
07:55-08:00		Calldown of CBO water supply status
08:00-08:05		Calldown of CП counter status
10:15-11:30	FE -1	Physical exercise (TVIS)
11:30-12:30	CDR	Physical exercise (TVIS-4)
12:30-13:30	.	LUNCH
13:30-13:35	FE -1	IMS auto import/export
13:30-13:55	CDR	Maintenance of COЖ
14:50-15:05		Private family conference ( <i>S-band</i> )
15:25-16:55		Physical exercise (TVIS-4)
15:30-15:45	FE -1	Private family conference ( <i>S-band</i> )
16:00-17:00		EKAM: equipment installation and activation
17:00-18:15		Physical exercise (RED)
18:15-18:45	.	Daily plan review
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:30		Prep for work
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 activities.

Task List: CDR: KROMKA  
URAGAN  
DIATOMEA

End of radiogram