

Transition from OCK to PCO Attitude. Crew off-Duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:30	FE-1	Physical Exercise (TVIS) Day 1
10:30-12:00	CDR	Physical exercise (TVIS)
12:00-13:00	CDR	Physical exercise (RED)
12:15-12:35	FE-1	Processing condensate water [KAB] from CWC #1027 using Condensate Feed Unit [БПК]
12:35-13:05	FE-1	COЖ maintenance
13:05-13:10	FE-1	On MCC GO ISS repress with O2 from Progress 354 CpПK (start)
13:10-14:10		LUNCH
14:10-14:15	FE-1	ISS O2 repress using Progress 354 CpПK (terminate)
14:15-14:45		Weekly planning conference (<i>S-band</i>)
14:45-17:45		Weekly Housekeeping
17:45-18:45	FE-1	Physical Exercise (VELO+RED) day 1
19:25-19:30	CDR	Transferring TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: Note: See OSTP for references to US activities.

End of radiogram