

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 housecleaning
10:30–11:45	FE-1	Physical exercise (TVIS)
10:30–10:35	CDR	Inspection of БРПК-1 separator
11:40–12:40		Physical exercise (VELO + Load Trainer-1 / day 1)
11:45–12:15	FE-1	Restart of all PCS computers
12:35–12:40		IMS auto import/export
12:40–13:40		LUNCH
13:40–14:10		Weekly planning conference (<i>S-band</i>)
15:05–15:20	CDR	Private family conference (<i>Ku+S-band</i>)
17:20–18:00		Maintenance of COЖ
17:24–17:29	FE-1	Prep for ham radio contact
17:29–17:40		Ham radio contact: Apprentissage École (Quebec)
18:00–19:30	CDR	Physical exercise (TVIS-1)
18:00–19:15	FE-1	Physical exercise (RED)
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 : CDR : Life on ISS video
URAGAN Earth observations

End of radiogram