

**Crew Off-Duty**

<b>GMT</b>	<b>Crew</b>	<b>Activity</b>
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
11:30-12:30	FE-1	Physical exercise (VELO+Load Trainer-1 / day 4)
12:30-13:30		LUNCH
15:45-18:00	CDR	Physical exercise (TVIS+RED)
16:00-16:30	FE-1	COЖ maintenance ( <b>Report to MCC</b> Water Supply System (CBO), Usage Counter (СП) data, and bubble monitoring results for Elektron-VM gas-liquid mixture (ГЖС))
16:30-18:00		Physical exercise (TVIS / day 4)
18:00-18:30		Daily plan review
18:30-18:45		Daily Planning Conference ( <i>S-band</i> )
19:00-19:30		Work 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
<b>Task list</b>	FE-1	Search for missing equipment

See OSTP for US procedure references

End of radiogram