

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:00-11:00	FE-1	ПК-3 PLUS. Tagup with specialists (<i>S-band</i>)
10:05-10:10	CDR	BCAT-3: camera checkout
10:10-11:40		Physical Exercise (TVIS)
11:40-12:40		Physical Exercise (RED)
11:40-13:10	FE-1	Physical exercise (TVIS), Day 4
13:10-13:40	.	Weekly planning conference (<i>S-band</i>)
13:40-13:45	CDR	On MCC Go ISS O2 repress from Progress 354 CpПК (start)
13:45-14:45	.	LUNCH
14:45-14:50	CDR	ISS O2 repress from Progress 354 CpПК (terminate)
16:35-16:40		Setting up HAM radio
16:40-16:50		HAM radio session
16:40-17:10	FE-1	COЖ maintenance
17:10-18:10		Physical Exercise (VELO+RED) day 4
18:10-18:15	CDR	Transferring TVIS, RED, and HRM data to MEC
18:15-18:30	.	Daily plan review
18:30-18:45		Daily planning conference (<i>S-band</i>)
18:45-19:00		Daily plan review
19:00-19:30		Work prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY incubator temperature check
		Search for CKB2 Power Supply Unit (БП)

Note: See OSTP for references to US activities.
End of Radiogram