

Crew Off-Duty

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:45-12:00	CDR	Physical exercise (TVIS + RED)
10:00-10:15	FE -1	БМП Ф1 cartridge regeneration (start)
11:00-12:30	FE -1	Physical exercise (TVIS), day 3
12:30-13:30	.	LUNCH
14:40-15:10	FE -1	Monitoring of air in ГЖС
16:40-17:10	FE -1	COЖ maintenance (<i>БРПЖ separator inspection</i>)
17:10-18:10	FE -1	Physical exercise (VELO+Force Loader-1), day 3
18:05-18:10	CDR	7-S stage payload check (Increment 8)
18:10-18:40		Daily plan review
18:40-19:10		Prep for work
19:10-19:25		Daily planning conference (<i>S-band</i>)
19:30-20:00		Daily food ration prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to USOS activities

End of radiogram