

Off-Duty Day

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		DINNER
07:35-07:50	FE-1	On MCC Go Regeneration of $\Phi 2$ absorption bed in БМП (term)
08:00-08:05		Inspection of БРПК separator
08:20-08:25	FE-2	IMS auto import/export
08:30-11:30		Weekly station cleanup
11:30-12:10	FE-2	Maintenance of COЖ
11:30-12:30	FE-1	Physical exercise (VELO + Load Trainer-1 / day 4)
12:30-13:30		LUNCH
13:30-14:00		Weekly planning conference (<i>S-band</i>)
14:30-14:45		Program Office Tagup (<i>S-band</i>)
15:00-16:30	CDR	Physical exercise (RED)
15:30-16:30	FE-2	Physical exercise (CEVIS)
16:30-18:00		Physical exercise (RED)
16:30-17:30	CDR	Physical exercise (CEVIS)
16:30-18:00	FE-1	Physical exercise (TVIS / day 4)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US procedures

End of radiogram