

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:30–09:30	FE-1	Physical exercise (TVIS)
09:30–11:00		Physical exercise (RED)
09:40–10:00	CDR	On MCC GO: ISS repress with O2 from Progress CППК system
09:45–11:15	FE-2	Physical exercise (VELO+Load Trainer 1 / active rest)
10:00–10:15	CDR	Private family conference (<i>S-band</i>)
11:00–11:10	FE-1	Off-day LAB payload check
11:15–12:45	CDR	Physical exercise (VELO+Load Trainer 1 / active rest)
11:30–11:45	FE-2	Private family conference (<i>S-band</i>)
12:45–13:45		LUNCH
13:45–14:00	FE-1	Private family conference (<i>S-band</i>)
15:25–15:40		Private psychological conference (<i>S-band</i>)
15:20–16:20	FE-2	Physical exercise (VELO+Load Trainer 1 / active rest)
16:20–17:20	CDR	
16:40–17:20	FE-2	Maintenance of COЖ
17:40–17:45	CDR	Inspection of БРПК-2 separator
17:45–17:50		Calldown of CП counter status
17:50–17:55		Calldown of CBO water supply status
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
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 activities

End of radiogram