

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:45	FE-1	БМП Φ2 cartridge regeneration (start)
07:45-10:45	.	Weekly housekeeping
11:00-12:00	CDR	Physical Exercise TVIS
12:00-13:30	FE-1	Physical Exercise TVIS-1
	CDR	Physical Exercise (RED)
13:30-14:30	.	LUNCH
16:45-17:15	FE-1	COЖ maintenance
17:15-18:15		Physical Exercise (VELO+RED)-1
17:45-18:15	CDR	Report prep
18:15-18:45	.	Daily plan review
18:50-19:05	.	Daily planning conference ( <i>S-band</i> )
19:05-19:20	CDR	Daily food prep
19:05-19:15	FE-1	Report prep
19:15-19:45		Daily food prep
19:20-19:35	CDR	Private family conference ( <i>Ku+S-band</i> )
19:45-20:15	.	DINNER
20:15-20:30	CDR	Daily food prep
20:15-21:05	FE-1	Pre-sleep
20:30-21:30	CDR	Pre-sleep
21:05-21:20	FE-1	БМП Φ2 cartridge regeneration (termination)
21:20-21:30		Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	ROKVISS. Copy data from the Payload Server [БСПН] to a flash card via ISS WIENER

**Note:** See OSTP for references to US activities.

End of radiogram