

Crew Off Duty.

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning inspection.
	FE-1	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:30-09:50	CDR	Private family conference (<i>Ku + S-band</i>)
10:10-11:10	FE-1	Physical Exercise (TVIS)
11:10-12:40	FE-1	Physical Exercise (RED)
11:10-12:40	CDR	Physical exercise (TVIS), day 2
12:40-13:40	.	LUNCH
13:45-14:00	CDR	Private psychological conference (<i>VHF</i>)
16:35-16:40	CDR	On MCC GO: ISS O2 repress from Progress 353 CpПК (Oxygen Supply Facility) (start)
16:40-17:40	CDR	Physical Exercise (VELO + Force Loader-1) day 2
17:40-17:45	CDR	ISS O2 repress from Progress 353 CpПК (terminate)
17:45-18:15	CDR	COЖ maintenance
18:15-18:45	.	Daily plan review
18:45-19:00	.	Daily planning conference (<i>S-band</i>)
19:00-19:30	.	Report 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	CDR	PLANTS-2. Payload status check
		DIATOMEA. World ocean observations
		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