

Crew Off Duty		
GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:05-08:10	CDR	PLANTS-2. Payload status control
08:10-08:15		Inspection of БРПК-1 separator
08:15-08:20		Calldown of СП counter data
08:20-08:25		Calldown of CBO data
08:25-08:30		ELECTRON-VM: monitoring free air in the gas/fluid mix
08:30-08:45		Regeneration of Φ1 absorbent bed in БМП (end)
09:20-10:35	FE -1	Physical exercise (TVIS)
10:35-11:35	CDR	Physical exercise (TVIS-2)
11:35-12:35		LUNCH
12:35-12:40	FE -1	IMS auto import/export
12:35-13:05	CDR	Conference with fellow-cosmonauts / (To=12.36, T1, T2, T3 from СПН) (VHF)
13:30-13:55		Maintenance of СОЖ
13:30-13:45	FE -1	Private psychological conference (S-band)
14:25-14:40		Private family conference (S-band)
15:00-15:15	CDR	
16:35-18:05		Physical exercise (TVIS-2)
16:50-18:05	FE -1	Physical exercise (RED)
18:05-18:35		Daily plan review
18:35-18:50		Daily planning conference (S-band)
19:00-19:30		Prep for work
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities

Task List: CDR: DIATOMEA

End of radiogram