

Off-Duty Day • Test of ЛКТ4Б2 Device (ВД-СУ is Disabled/ БИТС is ON)

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:55-08:00	FE-2	ACS CDMK CO2 read
08:00-09:05	FE-1	Weekly housecleaning
08:15-11:15	CDR, FE-2	
09:05-09:20	FE-1	Private psychological conference (<i>VHF</i>)
09:20-11:15		Weekly housecleaning
11:15-12:15		Physical exercise (VELO + Load Trainer 1 / day 2)
11:15-12:15	CDR	Physical exercise (CEVIS)
12:30-13:30		LUNCH
14:10-14:40		Weekly planning conference (<i>S-band</i>)
15:00-16:30	CDR	Physical exercise (RED)
15:25-15:30	FE-2	IMS file auto export/import
15:30-16:30		Physical exercise (CEVIS)
16:05-16:45	FE-1	Maintenance of COЖ
16:30-18:00	FE-2	Physical exercise (RED)
16:45-18:15	FE-1	Physical exercise (TVIS, day 2)
18:00-18:05	FE-2	ACS CDMK CO2 read
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.

End of radiogram