

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-12:00	CDR	Physical Exercise (TVIS)
12:00-13:30	FE-1	Physical Exercise (TVIS) Day 2
12:00-13:00	CDR	Physical Exercise (RED)
13:35-14:05		Weekly planning conference (<i>S-band</i>)
14:05-14:10	FE-1	On MCC Go ISS O2 repress from Progress 354 CpПК (start)
14:10-15:10		LUNCH
15:10-15:15	FE-1	ISS O2 repress using Progress 354 CpПК (terminate)
17:55-18:25	FE-1	COЖ maintenance
18:25-19:25	FE-1	Physical Exercise (VELO + RED) day 2
19:25-19:30	CDR	Transferring TVIS, RED, and HRM data to MEC
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	FE-1	URAGAN

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

End of radiogram