

**Attitude Transition (PCO to OCK) • Crew Off Duty.**

| GMT         | Crew  | Activity  |
|-------------|-------|---|
| 06:00-06:10 |       | Morning inspection  |
| 06:10-06:40 |       | Post-sleep  |
| 06:40-07:30 |       | BREAKFAST   |
| 08:35-08:40 | CDR   | PLANTS-2: payload status check  |
| 08:40-08:45 |       | Inspection of БПК-1 separator   |
| 08:45-08:50 |       | ELECTRON-VM: monitoring free air in the gas/fluid mix ( <i>S-band</i> ) |
| 08:50-08:55 |       | Calldown of СП counter status ( <i>S-band</i> )                         |
| 08:55-09:00 |       | Calldown of CBO water supply status ( <i>S-band</i> )                   |
| 09:00-09:15 |       | Regeneration of Φ1 absorption bed in БМП (end)                          |
| 09:15-09:30 |       | Regeneration of Φ2 absorption bed in БМП (start)                        |
| 10:15-11:30 | FE -1 | Physical exercise (TVIS)  |
| 11:30-12:30 | CDR   | Physical exercise (VELO + Load Trainer 1 / day 4)                       |
| 12:25-12:30 | FE -1 | IMS auto import/export  |
| 12:30-13:30 |       | LUNCH   |
| 13:30-13:50 | CDR   | Maintenance of COЖ  |
| 14:10-14:25 |       | Private family conference ( <i>Ku+S-band</i> )                          |
| 15:50-16:05 | FE -1 |   |
| 16:45-18:15 | CDR   | Physical exercise (TVIS-4)  |
| 17:00-18:15 | FE -1 | Physical exercise (RED)   |
| 18:15-18:35 |       | Daily plan review   |
| 18:35-18:50 |       | Daily planning conference ( <i>S-band</i> )                             |
| 18:50-19:00 |       | Daily plan review   |
| 19:00-19:30 |       | Prep for work   |
| 19:30-20:00 |       | DINNER  |
| 20:00-20:30 |       | Daily food prep   |
| 20:30-21:30 |       | Pre-sleep   |
| 21:30-06:00 |       | SLEEP   |

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

End of radiogram