

Crew Off Duty

| GMT | Crew | Activity |
|-------------|-------------|--|
| 06:00–06:10 | | Morning inspection |
| 06:10–06:40 | | Post-sleep |
| 06:40–07:30 | | BREAKFAST |
| 07:30–07:35 | FE-1 | PLANTS-2: payload status check |
| 07:35–07:40 | FE-1 | Calldown of CBO water supply status |
| 07:40–07:45 | FE-1 | ELECTRON-VM: monitoring of air volume in the gas/fluid mix |
| 07:45–07:50 | FE-1 | Calldown of CП counter status |
| 08:30–08:35 | FE-2 | IMS file auto import/export |
| 09:00–10:30 | CDR | Physical exercise (RED) |
| 10:00–11:00 | FE-2 | Physical exercise (TVIS) |
| 11:00–12:30 | FE-1 | Physical exercise (TVIS-4) |
| 11:00–12:30 | FE-2 | Physical exercise (RED) |
| 12:30–13:30 | | LUNCH |
| 15:00–15:15 | FE-2 | Private family conference (<i>S+Ku-band</i>) |
| 15:00–16:00 | CDR | Physical exercise (TVIS) |
| 16:00–17:00 | FE-1 | Physical exercise (VELO + Load Trainer-1 / day 4) |
| 16:35–16:50 | CDR | Private family conference (<i>S+Ku-band</i>) |
| 17:00–17:40 | FE-1 | Maintenance of COЖ |
| 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: 1. See OSTP for references to US procedures
 2. Task List: DIATOMEA ocean observations
 URAGAN Earth observations
 LSO

End of radiogram