

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	CDR	RENAL: urine collection (complete)
07:50-08:10	FE-1	
08:10-08:35	CDR	Maintenance of COЖ
08:50-08:55	FE-1	Calldown on CBO water supply status ( <i>S-band</i> )
08:55-09:00		Calldown on CП counter status ( <i>S-band</i> )
09:00-09:05		Air quantity check in Electron VM gas/liquid system (ГЖС) ( <i>S-band</i> )
10:25-11:25		Physical Exercise (TVIS) day 4
11:25-12:25	CDR	Physical Exercise (TVIS)
12:25-13:25	.	Lunch
16:40-16:45	CDR	CPA-CP O2 reading
16:45-18:15		Physical Exercise (RED)
	FE-1	Physical Exercise (TVIS+ Load Training- cycle 1) day 4
18:15-18:45	.	Daily plan review
18:45-19:00		Daily planning conference ( <i>S-band</i> )
19:00-19:30		Prep for work
19:30-20:00		DINNER (RENAL: pill ingestion)
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