

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:25-11:55	CDR	Physical Exercise (TVIS)
11:55-12:55		Physical Exercise (RED)
11:55-13:25	FE-1	Physical Exercise (TVIS) day 2
13:25-13:30		On MCC Go ISS O2 repress from Progress 354 CpПK (start)
13:30-14:30	.	LUNCH
14:30-14:35	FE-1	ISS O2 repress using Progress 354 CpПK (terminate)
15:35-15:50	CDR	Private family conference (<i>Ku + S-band</i>)
16:25-16:55	FE-1	COЖ maintenance.
16:55-17:55		Physical Exercise (VELO+RED) day 2
17:55-18:25	.	Daily plan review
18:25-18:40		Daily planning conference (<i>S-band</i>)
19:00-19:30		Report prep
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	DIATOMEA. World Ocean observations
		KROMKA-1. Photo imagery

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

End of radiogram