

**USOS Commanding from MCC-H Via MCC-M. Crew Off Duty**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
07:30-07:45	CDR	БМП Φ1 Cartridge Regeneration (Start)
08:15-08:30	FE-1	GASMAP HRF – Power Up for Planned Functionality Test
10:35-12:05		Physical Exercise - RED
10:35-12:05	CDR	Physical Exercise – TVIS – Day 2
12:05-13:05	FE-1	Physical Exercise - TVIS
12:25-12:40	CDR	Private Medical Conference (VHF)
13:05-13:10	FE-1	TVIS, RED, and HRM Data Transfer to MEC
13:10-14:10	.	Lunch
14:10-14:40		Weekly Planning Conference ( <i>S-band</i> )
14:40-14:50	FE-1	GASMAP HRF – Power Down for Planned Functionality Test
15:25-15:35	CDR	Crew/MCC-M Conference via Scientific Research Station – Ship <i>Viktor Patsayev</i> (VHF)
16:20-16:25		<b>On MCC Go</b> ISS O <sub>2</sub> Repress from Progress 354 CpIIK (Start)
16:25-17:25		Physical Exercise (VELO + Force Loader/Cycle 1) – Day 2
17:25-17:30		ISS O <sub>2</sub> Repress from Progress 354 CpIIK (End)
17:30-18:00		COЖ Maintenance
18:00-18:15	FE-1	Questionnaire – Log Entry
18:15-18:45	.	Review of Next Day's Plan
18:45-19:15		Report Prep
19:15-19:30		Daily Planning Conference ( <i>S-band</i> )
19:30-20:00		Dinner
20:00-20:30		Daily Food Prep
20:30-21:00	CDR	Pre-Sleep
20:30-21:30	FE-1	Pre-Sleep
21:00-21:15	CDR	БМП Φ1 Cartridge Regeneration (Terminate)
21:15-21:30		Pre-Sleep
21:30-06:00	.	Sleep
<b>Task List</b>	CDR	PLANTS-2. Equipment Monitoring

**Note:** See OSTP for any omitted references to US Activities.

End of Radiogram