

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 3
13:25-13:30		On MCC Go ISS O2 repress from Progress 354 CpПК (start)
13:30-14:30	.	LUNCH
14:30-14:35	FE-1	ISS O2 repress from Progress 354 CpПК (terminate)
16:45-17:15		COЖ maintenance.CBO, CП data calldown
17:15-18:15		Physical Exercise (VELO + RED) day 3
18:15-18:45		Daily plan review
18:45-18:55		Work prep
18:55-19:10		Daily planning conference (<i>S-band</i>)
19:10-19:30		Work prep
19:30-20:00		DINNER
20:00-20:30	FE-1	Daily food prep
20:00-20:15	CDR	Private family conference (<i>Ku + S-band</i>)
20:15-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

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

End of radiogram