Crew Off Duty. ACH TESTS (HBM-1 + HΠM-1) AND TV SYSTEM "+X" TEST

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:50-09:00	FE-1	Orlan Battery Pack two 825M3 discharge (start)
09:00-09:15		БМП Ф2 cartridge regeneration (termination)
09:15-09:30		PLANTS-2. Photography
09:30-09:35		MATRYOSHKA-R [MATPEШKA-P]. Checking sensor data on the reader
10:30-11:30	CDR	Physical Exercise (TVIS)
11:25-12:55	FE-1	Physical Exercise (TVIS) day 1
11:30-13:00	CDR	Physical Exercise (RED)
12:55-13:00	FE-1	On MCC Go ISS O2 repress from Progress 354 CpΠK (start)
13:00-14:00		LUNCH
14:00-14:05	FE-1	ISS O2 repress from Progress 354 CpΠK (terminate)
14:50-14:55	CDR	Setting up HAM radio
14:55-15:05		HAM radio session
15:05-15:35		Crew EVA debrief (S-band)
16:15-16:45	FE-1	СОЖ maintenance (Inspection of БРПК)
16:30-16:40	CDR	HAM radio session
16:45-17:00	FE-1	Private medical conference (S-band)
17:00-18:00		Physical Exercise (VELO+RED) day 1
17:55-18:00	CDR	O2 and CO2 status check.
18:00-18:05		Transferring TVIS, RED, and HRM data to MEC
18:05-18:20		Private medical conference (Ku + S-band)
18:20-18:50		Daily plan review
18:50-19:05		Daily planning conference (S-band)
19:05-19:30	CDR	Report prep
19:05-19:25	FE-1	
19:25-19:30	FE-1	Orlan battery pack 2 discharge (terminate)
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	GCF-JAXA. ТБУ incubator temperature check

Note: See OSTP for references to US activities. End of Radiogram