

**CREW OFF-DUTY**

GMT	CREW	ACTIVITY
10:00-10:10		Morning inspection
10:10-10:40		Post-sleep
10:40-11:30		BREAKFAST
12:50-12:55	CDR	Disconnecting LTL
12:55-13:55		Physical exercise (CEVIS)
13:00-13:20	FE-1	CWC No. 1027 condensate processing using Condensate Feed Unit [БПК] (start) / Tagup with specialists ( <i>S-band</i> )
13:55-14:10	CDR	Private medical conference ( <i>S-band</i> )
14:00-15:00	FE-1	Physical Exercise (VELO + Force Loader 1) day 1
14:15-14:30	CDR	ODF update
15:00-15:05	FE-1	<b>On MCC GO:</b> ISS O2 repress from Progress 354 CpПК (Oxygen Supply Facility) (start)
15:05-16:05		LUNCH
16:05-16:10	FE-1	ISS O2 repress from Progress 354 CpПК (terminate)
16:10-16:25		Private medical conference ( <i>S-band</i> )
16:25-16:55		COЖ maintenance
17:40-17:55	CDR	Questionnaire - journal entry
17:55-19:25	FE-1	Physical Exercise (TVIS), day 1
	CDR	Physical Exercise (RED)
19:25-19:30	CDR	Transfer TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
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