

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	FE-1	Physical Exercise (TVIS)
10:30-10:45	CDR	Private Psychological Conference (<i>VHF</i>)
11:55-13:25	CDR	Physical Exercise (TVIS) day 3
11:55-12:55	FE-1	Physical Exercise (RED)
13:25-13:30	CDR	On MCC GO ISS O2 repress from Progress CpПК (start)
13:30-14:30	.	LUNCH
14:30-14:35	CDR	ISS O2 repress from Progress CpПК (terminate)
16:25-16:55		COЖ maintenance
17:15-18:15	CDR	Physical Exercise (VELO+Load Trainer/Cycle 1), day 3
17:55-18:00	FE-1	O2 and CO2 monitoring
18:00-18:15		Evening work prep
18:30-18:50		Evening work prep
18:15-18:30	.	Daily Planning Conference (<i>S-band</i>)
18:30-19:05	CDR	Evening work prep
18:50-19:05	FE-1	Private Family Conference (<i>Ku + S-band</i>)
19:05-19:30	.	Evening work 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	CDR	MATRYOSHKA-R [MATPEШKA-P]. MOSFET-dosimeter reading / r/g 2733
		Memory card check-out
		RSE1 laptop troubleshooting

Note: See OSTP for references to US activities.

End of Radiogram