

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:00-11:00	CDR	Physical exercise ((VELO + Load Trainer-1), day 2
11:15-12:30	FE -1	Physical exercise (TVIS)
12:30-13:30	.	LUNCH
13:30-13:35	FE -1	IMS auto import/export
13:45-13:55	CDR	On MCC Go: ISS pressurization from Progress 248 using CpПК second assembly
14:20-14:35	FE -1	Private psychological conference (<i>S-band</i>)
14:50-15:05		Private family conference (<i>Ku+S-band</i>)
15:00-15:05	CDR	Calldown of CП counter status
15:05-15:10		Calldown of CBO water supply status
15:10-15:40		Maintenance of COЖ
16:06-16:21		Private family conference (<i>Ku+S-band</i>)
16:45-18:15		Physical exercise (TVIS), day 2
17:00-18:15	FE -1	Physical exercise (RED)
18:15-18:45	.	Daily plan review
18:45-19:00		Daily planning conference (<i>S-band</i>)
19:00-19:30		Prep for work
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Tool inventory (search) on instrumentation panel No. 3

Note: See OSTP for references to US activities.

End of radiogram