

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:10-08:15	FE-1	Downlink of СП counter status (<i>S-band</i>)
08:15-08:20		Air check in "Электрон-ВМ" gas-liquid mixture (<i>S-band</i>)
08:20-08:25		Downlink of CBO water supply status (<i>S-band</i>)
08:25-08:50		COЖ maintenance
10:30-11:30		TVIS – 3 Physical exercise
11:30-12:30	CDR	TVIS Physical exercise
12:30-13:30	.	LUNCH
14:05-14:20	FE-1	Private psychological conference (<i>VHF</i>)
15:55-16:10	CDR	Private psychological conference (<i>S-band</i>)
16:40-16:45		CSA-CP O2 readings
16:45-18:15		RED Physical exercise
16:45-18:15	FE-1	(TVIS+FL-1) – 3 Physical exercise
18:15-18:30	.	Daily plan review
18:30-18:45		Daily planning conference (<i>S-band</i>)
18:45-19:00		Daily plan review
19:00-19:30		Prep for work
19:30-20:00		DINNER (RENAL: pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30	FE-1	Pre-sleep
20:30-21:43	CDR	
20:43-20:58		PFC (<i>S-band</i>)
20:58-21:30		Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities

End of radiogram