

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:35-12:05	CDR	Physical exercise (TVIS)
12:00-13:30	FE-1	Physical exercise (TVIS) – day 2
12:05-13:05	CDR	Physical exercise (RED)
13:30-13:45	FE-1	Private psychological conference (<i>VHF</i>)
13:45-13:50		On MCC GO ISS repress with O2 from Progress 354 CpПК (start)
13:50-14:50	.	LUNCH
14:50-14:55	FE-1	ISS O2 repress using Progress 354 CpПК (terminate)
15:25-15:40	CDR	Private psychological conference (<i>Ku+S-band</i>)
16:20-16:50	FE-1	COЖ maintenance. <i>Calldown of CBO u CП counter data</i>
16:50-17:50		Physical exercise (VELO+RED) – day 2
17:50-18:20	.	Daily plan review
18:20-18:35		Daily planning conference (<i>S-band</i>)
18:45-19:00	CDR	Private family conference (<i>Ku+S-band</i>)
19:00-19:30	.	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

Note: See OSTP for references to US activities

End of radiogram