

Transition from PCO to OCK. Crew off-duty.

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection. Monitoring circuit breaker (A3C) on БВПСО and fuse box panel (БПП) in DC1
06:10-06:40		Post-sleep
06:40-07:40		BREAKFAST
10:15-12:30	CDR	Physical Exercise (TVIS + RED)
10:15-11:15	FE-1	Physical Exercise (VELO + Load Trainer /cycle 1) day1
11:15-11:20		On MCC go: ISS O2 repress from Progress using CpПК 1st section (start)
11:20-11:50		COЖ maintenance
11:50-12:05		Private family conference (<i>Ku+ S-band</i>)
12:15-12:20		On MCC go: ISS O2 repress from Progress using CpПК 1st section (end)
12:30-13:30	.	LUNCH
13:30-13:35	CDR	Scopemeter battery charge
16:20-17:50	FE-1	Physical Exercise (TVIS) day 1
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	FE-1	Daily food prep
19:30-19:50	CDR	
19:50-20:05		Private family conference (<i>S-band</i>)
20:00-20:30	FE-1	DINNER (Renal: pill ingestion)
20:05-20:30	CDR	
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities
End of radiogram