

CREW OFF-DUTY DAY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	CDR	RENAL: Urine collection
07:30-07:50	FE-2	RENAL: Urine collection (end)
07:30-07:35	FE-1	PLANTS-2. Equipment monitoring
07:45-08:00	CDR	RENAL: food log
07:50-08:05		
08:00-08:05	FE-2	IMS files export/import
08:30-10:00	CDR	Physical Exercise RED
09:35-11:05	FE-1	Physical Exercise (TVIS-3)
10:00-10:40	FE-2	COЖ Maintenance
11:05-11:10	FE-1	CBO (Water Supply System) data downlink (<i>S-band</i>)
11:10-11:15		СП (usage counter) reading downlink (<i>S-band</i>)
11:10-11:30	CDR	RENAL: Urine collection
11:15-11:20	FE-1	Monitoring air quantity in Electron-BM ГЖС (gas/liquid system)
11:20-11:30		On MCC go: ISS O2 repress from Progress' CpПК
11:30-12:30	CDR	Physical Exercise (TVIS)
12:30-13:30		LUNCH
14:05-14:25	CDR	RENAL: Urine collection
14:25-14:40	FE-2	Private family conference (<i>Ku+S-band</i>)
15:00-16:00		Physical Exercise (TVIS)
15:20-15:40	FE-1	TV ISS-MCC: Private family conference
15:40-16:40		Physical Exercise (VELO + Load Training-1) – day 3
16:00-16:15	CDR	Private family conference (<i>Ku+S-band</i>)
16:30-18:00	FE-2	Physical Exercise (RED)
16:55-17:15	FE-1	TV ISS-MCC: Private family conference
17:40-18:00	CDR	RENAL: Urine collection
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (<i>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

See OSTP for reference to missing US activities.

TASK LIST: FE-1 GCF. Finding location to stow hardware

Uragan

End of Radiogram