

**CREW OFF DUTY. LBNP Exercise**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00		Work prep
08:00-08:15		Daily planning conference ( <i>S-band</i> )
08:55-09:50	CDR FE-1assist	LBNP Exercise (PRELIMINARY) <b>To=09:14</b> Tagup with specialists ( <i>S-band + VHF</i> )
10:25-11:25	FE-1	Physical exercise (CEVIS)
10:55-11:25	CDR	БПК (Condensate Feed Unit) Status Check
11:25-12:55		Physical exercise (TVIS), day 1
11:25-12:55	FE-1	Physical Exercise (RED)
12:55-13:00	CDR	<b>On MCC GO:</b> ISS O2 repress from Progress 354 CpПК (Oxygen Supply Facility) (start)
13:00-14:00		LUNCH
14:00-14:05	CDR	ISS O2 repress from Progress 354 CpПК (terminate)
15:00-15:15		USOS equipment setup/prep for PAO
15:10-15:25	FE-1	Private family conference ( <i>Ku+S-band</i> )
15:15-15:25	CDR	<b>TV ISS-MCC</b> Interview for Voskresnoye Vremya (Sunday Time) program ( <i>Ku + S-band</i> )
15:45-18:45		Weekly housekeeping
19:25-19:30	FE-1	Transfer TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	STATOKONIA. [APT] Self-Contained Temperature Logger check

See OSTP for references to US activities.

End of radiogram