

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:30-11:30	FE-1	Physical Exercise (TVIS)
11:30-13:00	FE-1	Physical Exercise (RED)
11:30-13:00	CDR	Physical Exercise (TVIS), day 1
13:00-14:00		LUNCH
16:35-16:40	FE-1	On MCC GO ISS repress with O2 from Progress 353 CpПK (start)
16:40-17:40	CDR	Physical Exercise (VELO + Force Loader 1) day 1
17:40-17:45	FE-1	ISS O2 repress from Progress 353 CpПK (terminate)
17:45-18:15	CDR	COЖ maintenance
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	PLANTS-2. Payload status check
		ECON. Observations and photo imagery
		PULSE. Experiment ops

See OSTP for references to US activities.

End of Radiogram