

**Crew Off-Duty**

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:15-11:15	CDR	Physical exercise (TVIS)
11:30-12:30	FE -1	Physical exercise (VELO+Load Trainer-1), day 2
12:30-13:30	.	LUNCH
13:55-14:25		Video downlink for <i>Civilization</i> TV and radio station ( <b>To=13.57, T1, T2, T3 from CПП</b> ) use <i>LIV vidcam # 1</i>
15:00-15:30	FE -1	COЖ maintenance ( <b>Report to MCC:</b> CBO (Water Supply System) and CП (flush counter) data))
15:30-17:00	FE -1	Physical exercise TVIS, day 2
16:45-18:00	CDR	Physical exercise (TVIS)
17:00-17:30	FE -1	Completion of USOS, FGB, and SM leak check
17:30-18:35	FE -1	Closeout ops after leak check completion
18:00-19:00	CDR	USOS hatch opening after leak repair ops
19:00-19:30	CDR	Ops LAN reconfig to nominal
19:30-20:00		DINNER and RENAL pill ingestion
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE -1	Search for equipment

End of radiogram