

Crew Rest

GMT	Crew	Activity
08:00–08:10		Morning inspection
08:10–08:40		Post-sleep
08:40–09:30		BREAKFAST
09:30–09:35	CDR	PLANTS-2: payload status
10:40–10:45	FE-1	Microgravity Science Glovebox (MSG) activation
10:45–10:55		MSG power monitoring
11:10–11:30		PFMI: specimen removal
11:30–11:40		Pore Formation and Mobility Investigation (PFMI)
11:40–11:50		PFMI: videotape removal
11:50–11:55	CDR	Calldown of CП counter status
11:50–12:10	FE-1	Videotape insert / MSG/PFMI activation
11:55–12:00	CDR	Calldown of CBO water supply status
12:00–12:05		Inspection of БРПК-1 separator
12:05–12:10		Inspection of BP fan in CKB1
12:10–12:20	FE-1	EPF selection, specimen check, processing init and computer startup
12:20–13:00	FE-2	Maintenance of COЖ
12:30–14:00	CDR	Physical exercise (TVIS + active rest / day 4)
13:00–14:00	FE-2	Physical exercise (VELO + Load Trainer / day 4)
14:00–15:00		LUNCH
15:00–15:15	CDR	Private family conference
15:00–15:10	FE-1	Daily payload status check
16:25–16:40	FE-2	Private family conference
16:50–17:00	FE-1	PFMI: videotape removal
17:45–19:15		Physical exercise (RED)
18:15–19:45	FE-2	Physical exercise (TVIS + active rest / day 4)
19:15–20:15	CDR	Physical exercise (TVIS)
19:15–20:15	FE-1	Physical exercise (CEVIS)
20:15–20:45		Daily plan review
20:45–21:15		Prep for work
21:15–21:30		Daily planning conference
21:30–22:00		DINNER
22:00–22:30		Daily food prep
22:30–23:30		Pre-sleep
23:30–08:00		SLEEP

NOTE: 1. See OSTP for references to US ODF

2. Task List activities:

LSO -

DIATOMEA -

URAGAN -

KROMKA -

End of radiogram