

| GMT         | CREW      | ACTIVITY   |
|-------------|-----------|--|
| 08:00–08:10 |           | Morning inspection                                 |
| 08:10–08:40 |           | Post-sleep   |
| 08:40–09:30 |           | BREAKFAST  |
| 09:30–10:00 |           | Prep for work                                      |
| 10:00–10:15 |           | Daily planning conference ( <i>S-band</i> )        |
| 10:15–10:25 | CDR, FE-1 | VOZDUKH recovery: preparatory steps                |
| 10:25–10:35 | FE-1      | <b>On MCC GO:</b> telemetry cnctr demate from БМТС |
| 10:30–10:45 | FE-2      | Private medical conference ( <i>S-band</i> )       |
| 10:35–11:45 | CDR, FE-1 | VOZDUKH recovery                                   |
| 11:45–11:55 | FE-1      | <b>On MCC GO:</b> telemetry cnctr re-mate          |
| 11:55–12:15 |           | VOZDUKH recovery: closeout ops                     |
| 12:10–12:25 | CDR       | Private medical conference ( <i>S-band</i> )       |
| 12:15–13:45 | FE-2      | Physical exercise (RED)                            |
| 12:30–12:45 | FE-1      | Private medical conference ( <i>S-band</i> )       |
| 12:45–13:45 | CDR       | Physical exercise (CEVIS)                          |
|             | FE-1      | Physical exercise (VELO + Load Trainer-1)          |
| 13:45–14:45 |           | LUNCH  |
| 14:45–15:25 | FE-2      | PUFF stowage                                       |
| 15:15–15:55 | FE-1      | Maintenance of COЖ                                 |
| 15:55–16:35 |           | IMS file prep                                      |
| 16:35–16:40 |           | БРПК separator inspection                          |
| 16:40–18:10 |           | Physical exercise (TVIS)                           |
|             | CDR       | Physical exercise (RED)                            |
| 16:40–17:40 | FE-2      | Physical exercise (CEVIS)                          |
| 18:00–18:10 |           | EXPRESS Rack 2: ARIS guide removal                 |
| 18:10–18:40 |           | Daily plan review                                  |
| 18:40–18:55 |           | Daily planning conference ( <i>S-band</i> )        |
| 18:55–19:30 |           | Prep for work                                      |
| 19:30–20:00 |           | DINNER   |
| 20:00–20:30 |           | Daily food prep                                    |
| 20:30–21:30 |           | Pre-sleep  |
| 21:30–07:00 |           | SLEEP  |

**Note:** See OSTP for references to US procedures

End of radiogram