

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:45-11:45	.	Weekly house cleaning
11:45-11:50	FE-1	<b>On MCC go:</b> ISS O2 repress using Progress 248 1 <sup>st</sup> CpПК section (start)
11:50-12:50	FE-1	Physical Exercise (VELO + Load Training /cycle1) day 4
12:50-12:55	FE-1	<b>On MCC go:</b> ISS O2 repress using Progress 248 1 <sup>st</sup> CpПК section (start)
12:55-13:55	.	LUNCH
14:10-14:40	.	Weekly planning conference (S-band)
15:00-15:20	.	Weekly crew/Flight Director conference (S-band)
15:30-15:45	CDR	PCS reboot (once a week)
15:45-15:50	CDR	OCA router reboot
16:50-18:20	FE-1	Physical Exercise (TVIS) day 4
17:15-18:15	CDR	Physical Exercise (CEVIS)
18:15-19:30	CDR	Physical Exercise (RED)
18:20-18:35	FE-1	Private family conference (VHF)
18:35-19:05	FE-1	COЖ maintenance
19:30-20:00	.	DINNER (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

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

End of radiogram