

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:05–08:20	CDR	Private family conference (<i>S-Ku-band</i>)
08:35–08:50	FE-2	
09:30–11:00	FE-1	Physical exercise (RED)
10:10–10:30	FE-2	On MCC GO: ISS repress with O2 from Progress CППК system
10:25–11:05	CDR	Maintenance of COЖ
10:30–11:30	FE-2	Physical exercise (TVIS–2)
11:00–12:00	FE-1	Physical exercise (CEVIS)
11:05–11:10	CDR	Calldown of CП counter status
11:10–11:15		Calldown of CBO water supply status
11:30–12:30		Physical exercise (TVIS–2)
11:30–12:00	FE-2	Physical exercise (active rest)
12:30–13:00	CDR	Physical exercise (active rest)
13:00–14:00		LUNCH
14:00–14:10	FE-1	Daily payload status check
14:35–14:50		Private family conference (<i>S-band</i>)
15:30–15:45	CDR, FE-2	Prep for TV session ($T_0=15.31$, T_1 , T_2 , and T_3 activated by the Automated Daily Timeline (CПП))
15:45–15:55		TV downlink: Anniversary address for the Moscow Aviation Technology Institute
17:15–18:15	FE-2	Physical exercise (БЕЛО+HC-1) - 2
	CDR	Physical exercise TVIS - 2
18:15–18:30		Daily plan review
18:30–18:45		Daily planning conference (<i>S-band</i>)
18:45–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note:

1. See OSTP for ODF references to US activities
2. Task List activities for (CDR): **URAGAN**
DIATOMEA
On MCC GO: KROMKA
HDTV

End of radiogram