

**Crew Off Duty • Launch of Progress M1-10 (No. 259)**

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:35	CDR	PLANTS-2: payload status check
09:10–09:15		ELECTRON-VM: monitoring free air in the gas/fluid mix
09:15–09:20		Calldown of CBO water supply status
09:20–09:25		Calldown of СП counter status
09:25–09:30		Inspection of БРПК-1 separator
09:30–09:50		Maintenance of COЖ
10:30–11:30	FE-1	Physical exercise (TVIS)
11:30–12:30	CDR	Physical exercise (VELO + Load Trainer-1 / day 3)
12:30–13:30		LUNCH
14:05–14:10	FE-1	IMS auto import/export
14:10–14:25	CDR	Private family conference ( <i>S+Ku-band</i> )
15:00–15:15		On MCC GO: Regeneration of Φ1 absorption bed in БМП (start)
15:15–15:30	FE-1	Private psychological conference ( <i>S-band</i> )
15:50–16:05		Private family conference ( <i>S+Ku-band</i> )
16:45–18:15	CDR	Physical exercise (TVIS-3)
	FE-1	Physical exercise (RED)
18:15–18:45		Daily plan review
18:45–19:15		Prep for work
19:15–19:30		Daily planning conference ( <i>S-band</i> )
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

## NOTES:

1. See OSTP for references to US procedures
2. Task List : CDR : URAGAN Earth observations  
DIATOMEA ocean observations  
MOLNIYA  
Life on ISS video

End of radiogram