

Crew Off-Duty Day

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50	FE-2	RENAL: Urine collection
07:30-07:45	CDR	RENAL: Food log
07:30-07:35	FE-1	PLANTS-2. Equipment monitoring
08:15-11:15		Weekly housekeeping
08:15-10:45	CDR	
08:15-10:15	FE-2	
10:15-10:30		RENAL: Food log
10:45-11:45	CDR	Physical Exercise (CEVIS)
11:15-11:20	FE-1	БРПК separator inspection
11:20-11:30		On MCC go: ISS repress with O2 from Progress' CpПК system
11:30-12:30		Physical Exercise (VELO + Load Training 1) day 2
11:45-11:50	FE-2	Automatic IMS file transfer
11:50-12:30	CDR	COЖ maintenance
12:10-12:30	FE-2	RENAL: Urine collection
12:30-13:30		LUNCH
13:40-14:10		Weekly planning conference (<i>S-band</i>)
14:10-14:30	FE-2	RENAL: Urine collection
16:05-16:40		TV ISS-MCC (To=16.06, T1, T2, T3 from CΠΠ) Greetings to the Academy for Security
16:40-18:10	FE-1	Physical Exercise (TVIS-2)
16:40-18:10	CDR	Physical Exercise (RED)
16:40-17:00	FE-2	RENAL: Urine collection
17:00-18:00		Physical Exercise (CEVIS)
18:00-19:30		Physical Exercise RED
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

See OSTP for references to missing US activities

TASK LIST: FE1 GTF. Search for location / r/g 5095

ГФИ-8 (Geophysical Research). URAGAN / r/g 5094

End of Radiogram