

Crew Off Duty

GMT	Crew	Activity
12:00-12:10		Morning inspection
12:10-12:40		Post-sleep
12:40-13:30		BREAKFAST
13:30-13:45		Private medical conference (<i>S-band</i>)
13:45-14:10	CDR	Maintenance of COX
14:10-14:15		PLANTS-2: payload status check
14:15-14:20		ELECTRON-VM: monitoring air bubble in the gas-liquid mix
15:00-16:00		LUNCH
17:05-17:10	CDR	Calldown of CBO water supply status
17:10-17:15		Calldown of CП counter status
17:15-17:30	FE -1	Private family conference (<i>S-band</i>)
17:30-18:30	CDR	Physical exercise (TVIS)
18:30-19:30	FE -1	Physical exercise (TVIS)
18:35-18:50	CDR	Private family conference (<i>YKB</i>)
18:55-19:10		Private family conference (<i>S+Ku-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

Note: See OSTP for references to US procedures

End of radiogram