

CREW OFF DUTY

GMT	CREW	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-10:35	CDR	БРПК-2 separator inspection
10:30-10:35	FE-1	IMS auto import/export
10:35-11:35	CDR	Physical exercise (VELO + Load Trainer – 1 / day 1)
10:35-11:50	FE-1	Physical exercise (TVIS)
11:50-12:05	CDR	Private psychological conference (<i>VHF</i>)
12:10-13:10		DINNER
13:10-13:40		Weekly planning conference (<i>S-band</i>)
17:15-17:25	CDR	On MCC Go pressurization of ISS with O2 from Progress
17:25-18:00		COЖ maintenance
18:00-19:30		Physical exercise (TVIS-1)
18:15-19:30	FE-1	Physical exercise (RED)
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities

Task List: CDR: PLASMA CRYSTAL-3. Assembly for video downlink
Inventory and removal of sanitary hygiene items (СГО) and countermeasures (СПНДН) consumables/

End of radiogram