

**Attitude Transition from [OCK] to [RSO]. 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
10:30-11:30	FE-1	Physical exercise – TVIS
11:30-13:00	CDR	Physical exercise – TVIS - day 3
11:30-13:00	FE-1	Physical exercise – RED
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference ( <i>S-band</i> )
14:45-15:05		ISS crew weekly tagup with Program management ( <i>S-band</i> )
15:20-15:30	CDR	Soyuz system status data downlink using Φ03 via S-band
17:00-17:15	FE-1	PFC ( <i>Ku+S-band</i> )
17:50-17:55	CDR	<b>On MCC Go</b> ISS repress with O2 from Progress #354 CpПК (start)
17:55-18:55		Physical exercise (VELO+Force Loader-1) – day 3
18:55-19:00		ISS repress with O2 from Progress #354 CpПК (end)
19:00-19:30		COЖ maintenance
19:25-19:30	FE-1	TVIS/RED/HRM data transfer to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	STATOKONIYA. Temperature monitoring using APT
		Uragan
		Econ experiment photo imagery

**Note:** See OSTP for references to US activities

End of r/g