

CREW OFF DUTY

GMT	Crew	Activity
06:00-06:10	CDR	Morning inspection
06:00-06:10	FE-1	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:30-11:30	FE-1	Physical exercise (TVIS)
11:30-13:00	FE-1	Physical exercise (RED)
11:30-13:00	CDR	Physical exercise (TVIS) day 2
13:00-14:00	.	LUNCH
15:20-15:35	FE-1	Private Psychological Conference (<i>Ku+S-band</i>)
16:30-16:35	CDR	On MCC Go ISS O2 repress from Progress 353 CpПK Oxygen supply facility (start)
16:35-17:35	CDR	Physical exercise (VELO + Load Trainer-1) day 2
17:35-17:40	CDR	ISS O2 repress from Progress 353 CpПK Oxygen supply facility (end)
17:40-18:10	CDR	COЖ maintenance
18:15-18:45	.	Daily plan review
18:45-19:00	.	DPC (<i>S-band</i>)
19:00-19:30	.	Work prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	PLANTS: Payload status check
		Equipment search for МБПЛ space-to-space radio

Note: See OSTP for references to USOS activities

End of radiogram