

CREW OFF-DUTY DAY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:15-08:30	CDR	Renal: urine collection (term)
08:15-08:30	FE-2	Renal: food log
08:30-08:45		Renal: urine collection
08:40-08:45	FE-1	PLANTS-2. Payload status check
08:45-08:50		CBO status calldown
08:50-08:55		СП counter status calldown
08:55-09:00		Elektron-VM: monitoring air in gas-liquid mix (ГЖС)
09:30-11:00	CDR	Physical exercise (RED)
10:00-11:00	FE-2	Physical exercise (TVIS)
11:00-12:30		Physical exercise (RED)
11:30-12:30	FE-1	Physical exercise (TVIS, day 2)
12:30-13:30		LUNCH
13:30-14:10	FE-1	COЖ maintenance
13:30-13:35	FE-2	IMS file auto import/export
13:45-14:00		Private family conference (<i>S-band</i>)
14:10-14:25		Renal: urine collection
15:20-15:35	CDR	Private family conference (<i>S-band</i>)
15:45-16:45		Physical exercise (TVIS)
16:00-16:15	FE-2	Renal: urine collection
16:30-16:45	FE-1	Private family conference (<i>S-band</i>)
16:45-18:15		Physical exercise (TVIS, day 2)
17:55-18:10	FE-2	Renal: urine collection
18:15-18:45		Daily plan review
18:45-19:00		Daily planning conference (<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

Note: See OSTP for references to US activities

End of radiogram