

CREW OFF-DUTY

GMT	Crew	Activity
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:15-12:30	CDR	Physical exercise (TVIS + RED)
10:20-10:25	FE-1	On MCC go SM pressurization from Progress 248 CpПK (start)
11:25-11:30	FE-1	On MCC go SM pressurization from Progress 248, CpПK (end)/
11:30-12:30	FE-1	Physical exercise (VELO+Load Trainer-1 / day 2)
12:30-13:30	.	LUNCH
16:15-17:45	FE-1	Physical exercise (TVIS) - 2
17:45-18:15	FE-1	COЖ maintenance (Report to MCC Water supply system (CBO) & urine counter (CП) data, and air monitoring in ELECTRON-VM: Gas-Liquid System (ГЖС)
18:15-18:30	.	Daily planning conference (<i>S-band</i>)
18:30-19:00	.	Daily plan review
19:00-19:30	.	Work prep
19:30-20:00	.	DINNER (Renal-pill ingestion)
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Task list	FE-1	Equipment search
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Note: See OSTP for all references to US procedure
End of radiogram