

Crew Off Duty

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:55-08:00	CDR	PLANTS-2: payload status check
08:00-08:05		ELECTRON-VM: monitoring free air in the gas/liquid mix
08:05-08:10		Calldown of CП counter status
08:10-08:15		Calldown of CBO water supply status
10:00-11:15	FE -1	Physical exercise (TVIS)
11:15-12:15	CDR	Physical exercise (TVIS-1)
12:15-13:15		LUNCH
13:15-13:30	CDR	Private family conference (S-band)
13:15-13:20	FE -1	IMS auto import/export
14:50-15:05		Private family conference (S-band)
15:00-16:30	CDR	Physical exercise (TVIS-1)
15:45-16:00	FE -1	Private family conference (<i>S-band, Ku-band</i>)
16:30-17:10	CDR	БПНК 1 functional test
16:45-18:00	FE -1	Physical exercise (RED)
18:15-18:45		Daily plan review
18:45-19:05		Prep for work
19:05-19:20		Daily planning conference (<i>S-band</i>)
19:20-19:30		Prep for work
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 - DIATOMEA

End of radiogram