

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
09:00–10:30	FE-1	Physical exercise (RED)
10:00–11:30	FE-2	Physical exercise (VELO+RED day 1)
10:10–10:15	CDR	Calldown of CBO water supply status (VHF)
10:15–10:20		Calldown of CП counter status (VHF)
10:20–10:35		Private family conference (<i>S-band</i>)
10:30–11:30	FE-1	Physical exercise (TVIS)
11:45–12:45	CDR	Physical exercise (TVIS-1)
12:45–13:45		LUNCH
13:45–14:00	FE-1	Private family conference (<i>Ku+S-band</i>)
14:00–14:10		Off-day LAB payload status check
14:50–15:10	CDR	On MCC GO: Correction of БИHC using PUMA optical instrument (backup)
15:25–15:40	FE-1	Private family conference (<i>Ku+S-band</i>)
15:30–16:30	FE-2	Physical exercise (TVIS-1)
16:30–18:00	CDR	Physical exercise (TVIS+ active rest day 1)
17:35–18:15	FE-2	Maintenance of COЖ
18:15–18:45		Daily plan review
18:45–19:00		Daily planning conference (<i>S-band</i>)
19:00–19:30		Report 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.

Task List : FE-2 (or CDR) : Indexing contents of EGE2 HDD

Task List : CDR, FE-2 : PLASMA CRYSTAL-3

End of radiogram