

**Crew off-duty**

TIME	CREW	ACTIVITY
11:00-11:10	CDR, FE-1	ISS Inspection
11:10-11:40		Post-sleep
11:40-12:30		Breakfast
12:30-12:35		Prep for work
12:35-12:50		Daily Planning Conference ( <i>S-band</i> )
12:50-13:15		Prep for work
13:15-13:30		ISS Crew and ГОГУ(RSA Flight Control Team) Weekly Conference ( <i>S-band</i> )
13:30-13:45		IMS tag up ( <i>S-band</i> )
13:45-14:25	CDR	PLASMA CRYSTAL-3. Transfer of video from Telescience to БСПН
13:45-14:05	FE-1	MATRYOSHKA-R. Checking Lulin-5 readings
14:25-14:40	CDR	TVIS Patch Inspection
14:40-16:10		Physical Exercise (TVIS), day 3
15:05-16:05	БИ-1	Physical Exercise (RED)
16:10-17:10	CDR,БИ-1	LUNCH
17:35-17:40	БИ-1	Transfer of TVIS, RED and HRM data to MEC
19:00-19:30	CDR,БИ-1	Prep for work
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		БИ-1
	CDR	<b>On MCC GO</b> Log-files downlink / RODF Auxiliary Computer System
		SOZh maintenance

**Notes:**

- 1.SM window #9 shutter opening is at crew discretion with report to MCC
2. See OSTP for references to US activities.
3. **No OCA is available during the day.**

End of Radiogram