

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:35		Weekly housekeeping
08:35-09:05		ELECTRON-VM ops. Tagup with specialists (<i>S-band</i>)
09:05-10:30	FE-1	Weekly housekeeping
10:30-12:00		Physical Exercise (TVIS), day 4
11:50-11:55	CDR	TVIS Weekly Maintenance
11:55-12:55		Physical Exercise (TVIS)
12:00-12:30	FE-1	Weekly housekeeping
12:30-12:50		Private family conference (<i>Ku + S-band</i>)
12:55-13:25		Weekly planning conference (<i>S-band</i>)
13:50-13:55	FE-1	On MCC GO: ISS O2 repress from Progress 354 CpПК (Oxygen Supply Facility) (start)
13:55-14:55		LUNCH
14:55-15:00	FE-1	ISS O2 repress from Progress 354 CpПК (terminate)
15:15-15:35		Weekly ISS crew conference with the Program management (<i>S-band</i>)
16:55-17:55	FE-1	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
17:55-19:25	CDR	Physical Exercise (RED)
19:00-19:30	FE-1	COЖ maintenance
19:25-19:30	CDR	Transfer TVIS, RED, and HRM data to MEC
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