

CREW OFF DUTY

GMT	CREW	ACTIVITY
02:00-02:10	.	Morning inspection
02:10-02:40	.	Post-sleep
02:40-03:30	.	BREAKFAST
07:10-08:40	FE-1	Physical Exercise (TVIS), day 3
07:15-08:45	CDR	Physical Exercise (CEVIS)
07:45-08:45	FE-2	Physical Exercise (RED)
08:40-08:45	FE-1	On MCC Go ISS O2 repress from Progress 358 CpПК (start)
08:45-09:45	.	LUNCH
09:45-09:50	FE-1	ISS O2 repress from Progress 358 CpПК (terminate)
11:30-12:30	FE-1	Physical Exercise (VELO + RED) day 3
12:00-13:30	FE-2	Physical Exercise (TVIS)
12:00-12:15	CDR	Private Family Conference (<i>S + Ku-band</i>)
13:15-14:15	CDR	Physical Exercise (RED)
13:30-14:00	FE-1	COЖ Maintenance.
13:40-13:55	FE-2	Private Family Conference (<i>S + Ku-band</i>)
14:15-14:40	.	Evening work prep
14:40-14:55	.	Daily Planning Conference (<i>S-band</i>)
14:55-15:30	.	Evening work prep
15:30-16:00	.	DINNER
16:00-16:30	.	Daily Food Prep
16:30-17:30	.	Pre-sleep
17:30-02:00	.	SLEEP
Task List	FE-1	TБУ (Universal Bioengineering Thermostat). Temperature check
		PLANTS-2. Payload status check
		DIATOMEA. World ocean observations
		MATRYOSHKA-R. Checking sensor data on the reader
		Photography of panels 412, 415 and cables behind SM panel 413

Note: See OSTP for references to US activities.

End of Radiogram