

## Crew Off Duty

| GMT         | Crew | Activity  |
|-------------|------|---|
| 06:00–06:10 |      | Morning inspection  |
| 06:10–06:40 |      | Post-sleep  |
| 06:40–07:30 |      | BREAKFAST   |
| 07:30–07:45 |      | Regeneration of $\Phi 2$ absorption bed in БМП (end)                                      |
| 07:45–07:55 |      | <b>On MCC GO:</b> pressurization of ISS with O <sub>2</sub> from Progress-247 СpПK system |
| 07:55–08:20 | CDR  | Maintenance of COЖ  |
| 08:20–08:25 |      | Calldown of СП counter status   |
| 08:25–08:30 |      | Calldown of CBO water supply status   |
| 08:35–08:40 |      | Inspection of БРПK-2 separator  |
| 11:15–12:30 | FE-1 | Physical exercise (TVIS)  |
| 11:30–12:30 | CDR  | Physical exercise (VELO + Load Trainer-1 / day 3)   |
| 12:30–13:30 |      | LUNCH   |
| 13:30–13:35 | FE-1 | IMS auto import/export  |
| 13:55–14:25 |      | Daily plan review   |
| 14:25–14:40 |      | Daily planning conference ( <i>S-band</i> )   |
| 14:55–15:10 | FE-1 | Private family conference ( <i>Ku+S-band</i> )  |
| 16:00–17:30 | CDR  | Physical exercise (TVIS-3)  |
| 16:15–17:30 | FE-1 | Physical exercise (RED)   |
| 18:30–18:45 | CDR  | Private family conference ( <i>Ku+S-band</i> )  |
| 19:00–19:30 |      | 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   |

**NOTE:** See OSTP for references to US activities.

End of radiogram