

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:35		PLANTS-2: payload status check
07:35–07:50	CDR	Check of ИП-1 airflow sensor placement
07:50–07:55		Inspection of БРПК-1 separator
08:00–08:10		CWC audit
10:45–10:55	FE-1	ISS7 daily payload status
11:00–12:30		Physical exercise (TVIS-1)
	CDR	Physical exercise (RED)
12:30–13:30		LUNCH
13:30–14:05	CDR	Maintenance of СОЖ
14:30–14:50	CDR, FE-1	OBT: crew response to bus power loss
15:30–15:40	CDR	DIATOMEA tagup (<i>VHF</i>)
16:00–17:00	FE-1	Physical exercise (CEVIS)
17:00–17:30		Transfer of TVIS/RED/CVIS files to MEC
17:15–18:15	CDR	Physical exercise (VELO+Load Trainer-1 / day 1)
17:30–17:50	FE-1	HRM file download to MEC
17:50–18:05		HRM file erase
19:05–19:30		FD/ISS crew conference (<i>S-band</i>)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

- Note:**
1. See OSTP for references to US procedures
 2. Task list: CDR: URAGAN /
CDR: DIATOMEA

End of radiogram