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<tr>
<th>GMT</th>
<th>CREW</th>
<th>ACTIVITY</th>
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<tbody>
<tr>
<td>08:00–08:10</td>
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<td>Morning inspection</td>
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<td>08:10–08:40</td>
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<td>Post-sleep</td>
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<td>08:40–09:30</td>
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<td>09:30–10:00</td>
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<td>Prep for work</td>
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<td>10:00–10:15</td>
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<td>Daily planning conference <em>(S-band)</em></td>
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<td>10:15–10:25</td>
<td>CDR, FE-1</td>
<td>VOZDUKH recovery: preparatory steps</td>
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<td>10:25–10:35</td>
<td>FE-1</td>
<td><strong>On MCC GO:</strong> telemetry cnctr demate from БИТС</td>
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<td>10:30–10:45</td>
<td>FE-2</td>
<td>Private medical conference <em>(S-band)</em></td>
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<td>FE-2</td>
<td>Physical exercise <em>(RED)</em></td>
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<td>CDR</td>
<td>Physical exercise <em>(CEVIS)</em></td>
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<td>FE-1</td>
<td>Physical exercise <em>(VELO + Load Trainer-1)</em></td>
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<td>Maintenance of COЖ</td>
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<td>19:30–20:00</td>
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<td>21:30–07:00</td>
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**Note:** See OSTP for references to US procedures

End of radiogram