

IMS Database Update

| GMT | Crew | Activity and <i>links to ODF or R/G</i> |
|-------------|----------|---|
| 06:00–06:10 | | Morning inspection |
| 06:10–06:40 | | Post-sleep |
| 06:40–07:30 | | BREAKFAST |
| 07:30–08:00 | | Work prep |
| 08:10–11:10 | CDR | IMS update / r/g 492 |
| 08:10–11:35 | PLT | |
| 08:10–10:00 | FE-1 | |
| 10:00–11:30 | FE-1 | Physical exercise (TVIS-2) |
| 11:30–11:35 | FE-1 | Weekly TVIS maintenance / INA_1068 item 1 |
| 11:30–12:30 | CDR | Physical exercise (TVIS) |
| 11:35–12:35 | FE-1 | IMS update |
| 11:35–12:35 | PLT | Physical exercise (IRED-2) |
| 12:30–12:35 | CDR | Weekly TVIS maintenance / INA_1068 item 1 |
| 12:35–13:35 | | LUNCH |
| 13:35–17:00 | PLT, CDR | IMS update |
| 13:35–16:00 | FE-1 | |
| 16:00–17:00 | FE-1 | Physical exercise (IRED-2) |
| 17:00–18:30 | PLT | Physical exercise (TVIS-2) |
| 17:00–18:30 | CDR | Physical exercise (IRED) |
| 18:00–18:20 | FE-1 | Prep delta file for downlink |
| 18:20–18:30 | FE-1 | Inspect ÁÐÏÊ-1 separator |
| 18:30–19:00 | | Report prep |
| 19:00–19:30 | | Review plan for the next day |
| 19:30–19:40 | | Daily planning conference |
| 19:40–20:10 | | DINNER |
| 20:10–20:40 | | Daily food ration prep |
| 20:40–21:30 | | Pre-sleep |
| 21:30–06:00 | | SLEEP |

End of radiogram