

o An average day on the station starts with breakfast, personal hygiene, housecleaning and checking the daily schedule on a laptop computer. o After lunch, the crew receives a one-hour break and then it's back to work, doing routine maintenance on the station, conducting research and working on experiments. o Next, blood samples are drawn for analysis later in the day and a daily conference is conducted with Mission Control to make sure everyone knows what is scheduled throughout the day. The entire crew then meets for lunch in the Zvezda Service Module. o Afterward, the cabin's air pressure is checked and the crew does a few more laps on the treadmill. o A routine air quality check is taken and .the crew begins work on allotted experiments