

MO-5. Weekly Housekeeping

GMT	CREW	ACTIVITY
03:45-03:55		Morning inspection
03:55-04:15	FE-2	Nutrition: urine collection
03:55-04:25	CDR, FE-1	Post-sleep
04:15-04:25	FE-2	Nutrition: urine sample insertion in MELFI
04:25-05:15	CDR,FE-1	BREAKFAST
04:25-04:55	FE-2	Post-sleep
04:55-05:45		BREAKFAST
05:15-08:05	FE-1	Weekly Housekeeping (Preventive Maintenance of FGB Ventilation System - Cleaning Protective Screens LJB1, LJB2, BT7. Cleaning Air Heater Screen in Soyuz)
05:15-08:15	CDR	Weekly Housekeeping
05:45-06:05	FE-2	NUTRITION. Stowing urine sampling kit
06:05-09:05		Weekly Housekeeping
08:05-09:05	FE-1	Physical Exercise (VELO+RED) day 1
08:15-09:45	CDR	Physical Exercise (CEVIS)
09:05-10:35	FE-1	Physical Exercise (TVIS) day 1
09:05-10:05	FE-2	Physical Exercise (RED)
09:45-10:15	CDR	COX maintenance
10:30-10:35		On MCC-M Go O2 Repress from Progress 358 (start)
10:35-11:35		LUNCH
11:35-12:05		Weekly Planning Conference (<i>S-band</i>)
12:05-12:10	CDR	O2 Repress from Progress 358 (start)
12:30-12:50	FE-1	Private Family Conference (<i>Ku + S-band</i>)
12:40-13:00	FE-2	Education Payload Operations Activity Review
12:50-13:50	FE-1	PO-ПpK, ПpK-CY and ТКГ 358-CY hatches closed for EVA 17A prep and ops
13:00-13:15	FE-2	Camcorder config for Education Payload Operations video
13:15-13:40		Education Payload Operations video
13:35-14:35	CDR	Physical Exercise (RED)
13:50-15:20	FE-2	Physical Exercise (TVIS)
14:40-15:10	CDR, FE-1	Daily food prep
15:10-16:00	FE-1, CDR (assists)	Study of cardiovascular system under graded physical load on Cycle Ergometer. To=15:27. Tagup with specialists (VHF)
15:20-15:25	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
15:25-15:35		EPO hardware stow
15:35-16:00		Daily food prep
16:00-16:30		DINNER
16:30-17:30		Pre-sleep
17:30-02:00		SLEEP

Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
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Note: See OSTP for references to US activities.

End of Radiogram