

Crew Off-Duty. ACH-M Test Continued (Transition to НПМ-4)

GMT	CREW	ACTIVITY
08:00-08:10		Morning inspection
08:10-08:40		Post-sleep
08:40-09:30		BREAKFAST
09:30-12:30		Weekly housekeeping
12:45-13:15		Weekly planning conference (S-band)
13:30-15:00	CDR	Physical Exercise (TVIS), day 2
15:00-15:05		On MCC GO: ISS O2 repress from Progress 353 CpПK (Oxygen Supply Facility) (start)
15:05-16:05		LUNCH
16:05-16:10	CDR	ISS O2 repress from Progress 353 CpПK (terminate)
16:10-16:50		Review airlock ops procedure per RODF "EVA from DC1" <i>Tagup as necessary (S-band)</i>
16:50-17:10	FE-1	Start battery charge
18:40-18:55		Private family conference (<i>Ku + S-band</i>)
18:55-20:25		Physical exercise (RED)
20:00-21:00	CDR	Physical Exercise (VELO + Load Trainer-1), day 2
20:25-21:25	FE-1	Physical exercise (CEVIS)
21:00-21:30	CDR	COЖ maintenance
21:25-21:30	FE-1	Transfer TVIS, RED, and HRM data to MEC
21:30-22:00		DINNER
22:00-22:30		Daily food prep
22:30-23:30		Pre-sleep
23:30-08:00		SLEEP
Task List	CDR	STATOKONIA. Temperature Auto Logger [APT] temperature check
		ETD. Experiment ops

Note: See OSTP for references to US activities.

End of radiogram