

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	FE-1	Weekly housekeeping
07:30-09:30	CDR	
10:30-10:50		Weekly conference with the Program management (<i>S-band</i>)
10:50-12:20	CDR	Physical Exercise (TVIS), day 1
12:20-13:20		LUNCH
13:20-13:35	CDR	Private psychological conference (VHF)
13:40-14:10		Weekly planning conference (S-band)
14:10-14:25	FE-1	Rebooting all PCS (weekly)
14:30-14:35		Carbon dioxide monitoring
14:55-15:10		Private family conference (S-band)
16:15-16:30		Questionnaire - log entry
16:55-17:55		Physical exercise (CEVIS)
17:50-17:55	CDR	On MCC Go ISS O2 repress from Progress 353 CpПК (start)
17:55-18:55		Physical Exercise (VELO + Load Trainer/Cycle 1), day 1
17:55-19:25	FE-1	Physical Exercise (RED)
18:55-19:00	CDR	ISS O2 repress from Progress 353 CpПК (terminate)
19:00-19:30		COЖ maintenance
19:25-19:30	FE-1	Transfer TVIS, RED, and HRM data to MEC
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	ETD. Experiment ops
		STATOKONIA. Temperature status check per [APT]
		Equipment search for МБПЛ (space-to-space radio)

Note: See OSTP for references to US activities.
End of radiogram