

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	CDR, FE-1	Weekly Housekeeping. Cleaning B3 Fan screen in DC1, screens in ВПхО, ВдПр, КВПрК
	FE-2	Weekly Housekeeping
10:30-11:30	FE-2	Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS), Day 1
10:30-10:50	CDR	Private Family Conference (<i>Ku + S-band</i>)
11:50-12:50		Physical Exercise (VELO + RED), Day 1
12:00-12:20	FE-1	Private Family Conference (<i>Ku + S-band</i>)
12:35-12:50	FE-2	Food frequency questionnaire
12:50-13:20		Weekly Planning Conference (S-band)
13:20-14:20		LUNCH
14:20-15:00	CDR	COX Maintenance
15:30-17:00	FE-2	Physical Exercise (TVIS)
17:00-18:00	FE-1	Physical Exercise (VELO + RED), Day 1
17:30-19:00	CDR	Physical Exercise (TVIS), Day 1
17:45-18:00	FE-2	EPO - Plant Photos
18:00-18:15		Questionnaire - journal entry
18:15-18:25		Terminate EMU Metox Regeneration
19:25-19:30		Transfer TVIS/RED/CEVIS/HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	URAGAN. Observation and photography
	FE-1	ECON. Observations and photography
		GCF-JAXA. TBY temperature monitoring and calldown (in the morning)
		MATRYOSHKA-R. Monitoring Lulin-5 data
		INFRASOUND. Equipment setup

Note: See OSTP for references to US activities.

End of Radiogram