

**Weekly Housekeeping**

| GMT              | CREW | ACTIVITY                                               |
|------------------|------|--------------------------------------------------------|
| 06:00-06:10      |      | Morning inspection                                     |
| 06:10-06:40      |      | Post-sleep                                             |
| 06:40-07:30      |      | BREAKFAST                                              |
| 07:30-10:30      |      | Weekly housekeeping / MO, Book 1, item 2.2.1, page 2-2 |
| 10:30-11:30      | FE-1 | Physical exercise (CEVIS)                              |
| 11:30-13:00      | CDR  | Physical Exercise (TVIS), day 4                        |
| 11:30-13:00      | FE-1 | Physical Exercise (RED)                                |
| 13:00-14:00      |      | LUNCH                                                  |
| 14:00-14:20      |      | Weekly conference with the Program management (S-band) |
| 14:20-14:50      |      | Weekly planning conference (S-band)                    |
| 15:00-15:15      | FE-1 | Private family conference ( <i>Ku + S-band</i> )       |
| 15:50-16:05      | FE-1 | Private psychological conference ( <i>S-band</i> )     |
| 18:00-19:00      | CDR  | Physical exercise (VELO + Load Trainer/Cycle 1), day 4 |
| 19:00-19:30      | CDR  | COX maintenance / <i>Inspection of БПТК separator</i>  |
| 19:20-19:25      | FE-1 | Carbon dioxide monitoring                              |
| 19:25-19:30      | FE-1 | Transfer TVIS, RED, and 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                                                  |
| <b>Task List</b> | CDR  | ETD. Experiment ops                                    |
|                  |      | URAGAN Observation and photo imagery                   |
|                  |      | KROMKA-1. Photo imagery                                |

**Note:** See OSTP for references to US activities.

End of radiogram