

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-2	Weekly Housekeeping
07:30-10:30	FE-1	Weekly Housekeeping Replacing SM dust filters ПФ1-4, cleaning БД-1,2, B1,2; replacing DC1 dust filters ПФ1,2 (Stow new dust filters at ПФ ФГБ1ПГО_2_224_1. Discard the removed units. Update the IMS)
10:30-12:00		Physical Exercise (TVIS), day 3
12:00-12:30	.	Weekly planning conference (<i>S-band</i>)
12:35-12:50	FE-1	Private Psychological Conference (<i>VHF</i>)
12:45-14:15	CDR	Physical Exercise (TVIS + CEVIS)
13:15-14:15	FE-2	Physical Exercise (RED)
14:10-14:15	FE-1	On MCC Go ISS O2 repress from Progress 357 CpПК (start)
14:15-15:15		LUNCH
15:15-15:20	FE-1	ISS O2 repress from Progress 357 CpПК (terminate)
16:55-17:10	FE-2	Food frequency questionnaire
17:00-18:00	FE-1	Physical Exercise (VELO + RED) day 3
17:10-17:25	FE-2	Rebooting all PCS (weekly)
17:25-17:30		OCA SSC router reboot
17:30-17:35		SSC file server reboot
17:35-19:05		Physical Exercise (TVIS)
17:40-17:55	CDR	Food frequency questionnaire
17:55-18:25		COЖ Maintenance
18:25-19:25		Physical Exercise (RED)
19:25-19:30		Transfer TVIS/RED/CEVIS/HRM data to MEC
19:30-19:55		DINNER
19:30-20:00	FE-1	DINNER
19:30-19:45	FE-2	Private psychological conference (<i>Ku+S-band</i>)
19:45-20:15		DINNER
19:55-20:10	CDR	Private psychological conference (<i>Ku+S-band</i>)
20:00-20:30	FE-1	Daily food prep
20:10-20:30	CDR	
20:15-20:30	FE-2	
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	DIATOMEA. World Ocean Observations
		ECON. Observations and photography

Note: See OSTP for references to US activities.

End of Radiogram