

HOUSEKEEPING. CREW OFF-DUTY

GMT	CREW	ACTIVITY
12:00-12:10	FE-1, FE-2	Morning inspection
12:00-12:05	CDR	SLEEP - CDR data logging
12:05-12:10	CDR	Morning inspection
12:10-12:40		Post-sleep
12:40-13:30		BREAKFAST
13:30-14:20	CDR, FE-2	Weekly Housekeeping
13:30-14:20	FE-1	Weekly housekeeping (FGB ventilation system preventive maintenance)
14:20-14:50		Weekly Planning Conference (<i>S-band</i>)
14:50-17:00	CDR, FE-2	Weekly Housekeeping
14:50-17:00	FE-1	Weekly housekeeping (FGB ventilation system preventive maintenance)
17:45-19:15	FE-1	Physical Exercise (TVIS) day 3
17:45-19:15	CDR	Physical Exercise (CEVIS)
18:15-19:15	FE-2	Physical Exercise (RED)
19:15-20:15		LUNCH
20:15-20:45	CDR	COX Maintenance
20:15-23:45	FE-2	SPHERES session.
20:40-20:45	FE-1	On MCC Go ISS O2 repress from Progress 358 CpПK (start)
21:10-21:40	CDR	Photo/TV - inside ISS overview
21:40-22:40	CDR	Physical Exercise (RED)
21:45-21:50	FE-1	ISS O2 repress from Progress 358 CpПK (terminate)
21:50-22:20	FE-1	Photo/TV - inside ISS overview
23:25-00:25	FE-1	Physical Exercise (VELO+RED) day 3
23:55-01:25	FE-2	Physical Exercise (TVIS)
00:35-00:40	CDR	HAM radio setup
00:40-00:50	CDR	HAM radio session
01:25-01:30	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
01:30-02:00		DINNER
02:00-02:30		Daily food prep
02:30-03:30		Pre-sleep
03:30-12:00		SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observation and photography
		ECON. Observation and photography

See OSTP for references to US activities.

End of Radiogram