

**Crew Off-Duty. Combined TMO (TV Exchange Module) and ECMM Router Test.**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:50		Prep for work
07:50-08:05		Daily planning conference ( <i>S-band</i> )
08:05-08:20	CDR	Regeneration of БМП absorbent bed #1 (end)
08:15-08:25	FE-1	Removal of FMK monitors
08:20-08:35	CDR	Regeneration of БМП absorbent bed #2 (init)
08:25-08:45	FE-1	Defibrillator battery #1 charge (init)
08:45-11:45	.	Weekly housecleaning
11:45-12:45	CDR	Physical Exercise (VELO + Load Training 1/ day 2)
12:00-12:10	FE-1	Defibrillator battery #1 charge (end) and battery #2 charge (init)
12:15-12:20		UOP power outlet bypass cable mating to display and control panel
12:20-12:35		Food questionnaire
12:35-12:45		Expedition 7 daily payload status check
12:45-13:00		Weekly planning conference ( <i>S-band</i> )
13:00-14:00		LUNCH
14:00-14:40	FE-1	TV system configuration set up and test for Ku-band downlink
14:00-14:30	CDR	
14:40-15:30		Configuration of Ku-band for video downlink test (TV system set up for Soyuz/Progress docking/undocking, and EVA) ( <i>Ku-band</i> )
15:30-15:35	FE-1	Defibrillator battery #2 charge (end) and stow
15:35-16:50		Physical Exercise (TVIS)
15:40-15:50	CDR	<b>On MCC GO:</b> ISS pressurization with O2 from Progress 259 CpПK system
15:50-16:20		Maintenance of COЖ
16:35-18:05		Physical Exercise (TVIS-2)
16:50-18:05	FE-1	Physical Exercise (RED)
18:05-18:20		Daily planning conference ( <i>S-band</i> )
18:20-18:50		Daily plan review
18:50-18:55	FE-1	UOP power outlet bypass cable de-mating from display and control panel
18:55-19:10		FD/ISS crew conference ( <i>S-band</i> )
19:10-19:30	CDR	Prep for work
19:10-19:25	FE-1	Defibrillator battery voltage measurement
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	URAGAN
		DIATOMEA
		MOLNIYA: Monitor and swap magneto-optical disk

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