

CREW OFF DUTY

GMT	CREW	ACTIVITY
02:00-02:10	.	Morning inspection
02:10-02:40		Post-sleep
02:40-03:30		BREAKFAST
03:30-06:30	CDR,FE-2	Weekly housekeeping
03:30-06:30	FE-1	Weekly Housekeeping (replacing filters ПФ1-4 in SM, ПФ1-2 and cleaning fan screens B1, B2, B3 in DC-1 (ФГБ1ПГО_2_224_1, white bag 353-22 or 354-5))
07:00-07:25	FE-1	TV Greetings to Academician B. Y. Chertok on his 95th birthday (To=07:01, T1, T2, T3 from СПП)
07:15-08:45	CDR	Physical Exercise (CEVIS)
07:30-09:00	FE-1	Physical Exercise (TVIS) day 1
07:45-08:45	FE-2	Physical Exercise (RED)
09:00-10:00	.	LUNCH
10:20-10:35	FE-1	Private Psychological Conference (<i>VHF</i>)
11:40-13:10	FE-2	Physical Exercise (TVIS)
12:30-13:30	CDR	Physical Exercise (RED)
13:10-14:10	FE-1	Physical Exercise (VELO+RED) day 1
13:10-13:15	FE-2	TVIS - disconnect fuse
13:40-13:55	CDR	Private family conference (<i>S + Ku-band</i>)
13:40-14:10	FE-2	COЖ maintenance
14:10-14:30	.	Evening work prep
14:30-14:45		Daily Planning Conference (<i>S-band</i>)
14:45-15:30	CDR,FE-1	Evening work prep
14:45-15:20	FE-2	
15:20-15:35	FE-2	Private Family Conference (<i>S + Ku-band</i>)
15:30-16:00	CDR,FE-1	Daily Food Prep
15:35-16:00	FE-2	Daily Food Prep
16:00-16:30	.	DINNER
16:30-17:30		Pre-sleep
17:30-02:00		SLEEP
Task List	FE-1	PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank
		TBY (Universal Bioengineering Thermostat). Temperature check
		Laptop-3 S/W checkout for ACH-M data download test

Note: See OSTP for references to US activities.

End of Radiogram