## **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-1	Weekly Station Housekeeping
07:30-07:35	FE-2	MEFLI Bioprocessor: Status Check
07:35-07:40		CGBA 4 Bioprocessor: Status Check
08:35-09:35		Physical Exercise - RED
09:35-12:50		SSC Software Load
10:30-12:00	FE-1	Physical Exercise – TVIS – Day 4
11:45-13:15	CDR	Physical Exercise – TVIS – Day 4
12:50-13:15	FE-2	Crew Discretionary Event (S-band)
13:15-13:45		Weekly Planning Conference (S-band)
13:45-14:45		Lunch
14:45-14:50	БИ-2	MEFLI Bioprocessor: Status Check
14:50-17:35		SSC Software Load
16:30-17:30	CDR	Physical Exercise (VELO+RED) – Day 4
17:15-18:15	FE-1	Physical Exercise (VELO+RED) – Day 4
17:35-18:00	CDR	ALTCRISS. ACT spectrometer functionality checkout. Tagup with specialists. (S-band)
17:45-19:15	FE-2	Physical Exercise - TVIS
19:00-19:30	CDR	СОЖ Maintenance
19:15-19:20	FE-2	CGBA 4 Bioprocessor: Status Check
19:20-19:25		MEFLI Bioprocessor: Status Check
19:25-19:30		TVIS, RED, CEVIS, and HRM Data Transfer 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
Task list	CDR	URAGAN. Observation and Photo Imagery
		CKK. Imagery of Cassettes 2, 9
	FE-1	ECON. Observation and Photo Imagery.

- Notes:
  1. Cf. OSTP for any missing references to US Activities.
  2. No access to OSTPV while SSC software is being loaded

## End of Radiogram