

**Weekly Housekeeping. TV Greetings**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:20	CDR	Weekly housekeeping
07:30-10:30	FE-1	
10:30-11:30	FE-1	Physical Exercise (TVIS)
10:20-10:35	CDR	Ham radio session
11:30-13:00	FE-1	Physical Exercise (RED)
11:35-12:00	CDR	Private family conference (Ku + S-band)
12:00-13:00		Physical exercise (VELO + Load Trainer/Cycle 1), day 4
13:00-14:00		LUNCH
14:00-14:15	CDR	System data and БСПН log file dump via ISS Wiener
14:15-14:20	FE-1	<b>On MCC GO</b> ISS repress with O2 from Progress 353 CpПK (start)
14:50-15:20		Weekly planning conference ( <i>S-band</i> )
15:20-15:25	FE-1	ISS O2 repress from Progress 353 CpПK (terminate)
16:00-16:30		TV greetings to participants of MAKS-2005, EKSP0-2005 ( <b>To=15:57, T1,T2,T3 from СПП</b> )
17:10-17:25	FE-1	Private family conference (Ku + S-band)
17:30-19:00	CDR	Physical Exercise (TVIS)
18.05-18.10	FE-1	Carbon dioxide monitoring
18.10-18.25		Rebooting all PCS (weekly)
18.25-18.30		Rebooting OCA SSC router
18.30-18.45		Questionnaire - log entry
19:00-19:30	CDR	COЖ maintenance
19:25-19:30	FE-1	Transfer TVIS, RED, and HRM data 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
<b>Task List</b>	CDR	STATOKONIA. Temperature status check per Temperature Auto Logger [APT]

**Note:** See OSTP for references to US activities.

End of radiogram