

**OFF-DUTY**

GMT	CREW	ACTIVITY
04:00-04:10		Morning inspection
04:10-04:40		Post-sleep
04:40-05:30		BREAKFAST
05:30-08:30	CDR, FE-2	Weekly Housekeeping
	FE-1	Weekly Housekeeping, Preventive Maintenance of SM Ventilation System Group B (termination)
08:30-09:30	FE-2	Physical Exercise (RED)
08:30-10:00	CDR	Physical Exercise (TVIS + CEVIS)
09:25-10:55	FE-1	Physical Exercise (TVIS) day 1
10:00-11:00	CDR	Capillary Flow Experiment – Hardware set up
10:55-11:00	FE-1	<b>On MCC Go</b> ISS O2 repress from Progress 358 CpПK (start)
11:00-12:00		LUNCH
12:00-12:05	FE-1	ISS O2 repress from Progress 358 CpПK (terminate)
12:00-12:15	CDR	Capillary Flow Experiment - Hardware set up
12:15-12:20		Capillary Flow Experiment – Interior corner flow 1
12:30-13:00		Weekly Planning Conference ( <i>S-band</i> )
13:00-14:55	CDR	Capillary Flow Experiment - Interior corner flow 1
15:00-15:30		Capillary Flow Experiment – Hardware tear down
15:00-16:00	FE-1	Physical Exercise (VELO+RED) day 1
15:30-16:00	CDR	COX Maintenance
16:00-17:00		Physical Exercise (RED)
16:00-17:30	FE-2	Physical Exercise (TVIS)
17:07-17:22	CDR	Private Family Conference ( <i>Ku + S-band</i> )
17:25-17:30		Transfer TVIS/RED/CEVIS/HRM data to MEC
17:30-18:00		DINNER
18:00-18:30		Daily food prep
18:30-19:30		Pre-sleep
19:30-05:00		SLEEP
<b>Task List</b>	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observations and photography
		ECON. Observation and photography
		RASTENIYA-2. Recharging water tank

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

End of Radiogram