

**CREW OFF DUTY. FOUR-WEEK ACH-M TEST**

GMT	CREW	ACTIVITY
12:00-12:10	.	Morning inspection
12:10-12:40	.	Post-sleep
12:40-13:30	.	BREAKFAST
13:30-16:30	.	Weekly Housekeeping
17:05-18:35	FE-1	Physical Exercise (CEVIS)
18:00-19:30	CDR	Physical Exercise (TVIS), Day 1
18:35-19:35	FE-1	Physical Exercise (RED)
19:30-19:35	CDR	<b>On MCC GO</b> ISS O2 repress from Progress 356 CpПK (start)
19:35-20:35	.	LUNCH
20:35-20:40	FE-1	Transferring TVIS, RED, and HRM data to MEC
20:35-20:40	CDR	ISS O2 repress from Progress 356 CpПK (terminate)
20:40-20:45	FE-1	Binary Colloidal Alloy Test 3 Camera Check
20:45-21:15	FE-1	Final printout of EVA procedures
22:05-22:35	CDR	COЖ maintenance
22:35-23:35	CDR	Physical Exercise (VELO + Load Trainer/Cycle 1), Day 1
23:35-00:35	.	US EVA-16 procedures review
00:35-01:05	.	EVA tagup with MCC-H ( <i>S-band</i> )
01:05-01:10	FE-1	O2 and CO2 monitoring
01:30-02:00	.	DINNER
02:00-02:30	.	Daily food prep
02:30-03:30	.	Pre-sleep
03:30-12:00	.	SLEEP
<b>Task list</b>	CDR	STATOKONIA. APT temperature check
		DIATOMEA. World Ocean observations
		Preparation for BP CKB1 Fan R&R
		URAGAN. Photography of an oil spill in the Astrakhan Wildlife Preserve (Volga delta)

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

End of Radiogram