

**Crew off Duty. Weekly Housekeeping**

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 housekeeping Screen cleaning in ВПхО, ВПрК, ФC5, 6, 9, FGB ЦБ 2 fan
07:30-10:30	FE-2	Weekly Housekeeping
10:30-12:00	CDR	Physical Exercise (TVIS) day 2
12:00-13:00	FE-2	Physical Exercise (RED)
		Physical Exercise (CEVIS)
	FE-1	Physical Exercise (VELO + RED), day 2
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference (S-band)
15:55-17:25	FE-1	Physical Exercise (TVIS), day 2
16:05-16:10	FE-2	HAM radio setup
16:10-16:20		HAM radio session
17:25-18:25	CDR	Physical Exercise (VELO + RED), Day 2
18:45-19:25	FE-2	COЖ Maintenance
19:25-19:30		Transfer of 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	ECON. Observation and photo imagery /
	FE-1	URAGAN. Observations and Photography

**Notes:**

1. See OSTP for references to US activities.
2. 2. SM Window #9 shutter opening is at crew discretion with **Report to MCC**

End of Radiogram