

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40	FE-1	Orlan battery pack 825M3 discharge (terminate)
07:40-10:40		Weekly housekeeping
10:50-12:20	FE-1	Physical exercise (TVIS), Day 1
12:20-13:20	CDR	Physical Exercise (TVIS)
13:20-13:50		Weekly planning conference (<i>S-band</i>)
13:50-14:50		LUNCH
15:10-15:25	CDR	Rebooting all PCS (weekly)
15:25-15:30		Rebooting OCA SSC router
15:30-15:35		Carbon dioxide monitoring
15:35-16:05		Earthkam: hardware deactivation and stowage
15:55-16:10	FE-1	Private psychological conference (VHF)
17:45-19:15	CDR	Physical Exercise (RED)
17:45-18:45	FE-1	Physical Exercise (VELO + Force Loader 1) day 1
18:45-19:15		COЖ maintenance / <i>Inspection of БППК separator</i>
19:15-19:20	CDR	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
Task List	FE-1	On MCC GO: ISS repress with O2 from Progress 354 CpПК (start)
		PULSE. Experiment ops

Note: See OSTP for references to US activities.

End of radiogram