

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:30-11:30	CDR	Physical Exercise (CEVIS)
11:10-11:15	FE-1	Monitoring A3C (circuit breaker) on ББП and БПП fuses in DC1
11:30-12:30		Physical Exercise (VELO + Load Training – cycle 1) day 4
11:45-12:00	CDR	Inspection of RED
12:30-13:30		LUNCH
13:50-14:20		Daily planning conference (<i>S-band</i>)
15:00-16:30	FE-1	Physical Exercise (TVIS) day 4
15:30-17:00	CDR	Physical Exercise (RED)
18:15-18:30	FE-1	Private family conference (<i>VHF</i>)
18:30-19:10		Maintenance of COЖ
19:10-19:35		Daily food prep
19:15-19:20	CDR	Monitoring O2 readings on CSA-CP
19:30-20:00		Daily food prep
19:35-20:05	FE-1	Inspection and status check of fans unit in XCA (cooler/dryer) in Soyuz 213 Descent Module
20:00-20:30	CDR	DINNER
20:05-20:30	FE-1	
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Task List	FE-1	Search of equipment
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Note: See OSTP for references to US activities

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