

**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      |      | Weekly housekeeping  |
| 10:30-12:00      | CDR  | Physical Exercise (TVIS)   |
| 12:00-13:30      | FE-1 | Physical Exercise (TVIS), day 3  |
| 12:00-13:00      | CDR  | Physical Exercise (RED)  |
| 13:30-14:00      |      | Weekly planning conference ( <i>S-band</i> )   |
| 14:00-15:00      |      | LUNCH  |
| 15:00-15:05      | FE-1 | Elektron power down  |
| 15:35-15:55      |      |  |
| 15:55-16:10      |      | Motorola phone charging - setup, start charge. <i>Tagup with specialists as necessary (S-band)</i> |
| 16:25-16:30      |      | Motorola phone charge - monitor  |
| 16:45-16:50      |      |  |
| 17:05-17:10      |      |  |
| 17:10-17:20      |      | Motorola phone charging - terminate, cleanup   |
| 17:15-17:30      | CDR  | Private family conference ( <i>Ku+S-band</i> )   |
| 17:55-18:25      | FE-1 | COЖ maintenance. Inspection of БРПК  |
| 18:25-19:25      |      | Physical Exercise (VELO + RED) day 3   |
| 19:25-19:30      | 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  |
| <b>Task List</b> | FE-1 | PULSE. Experiment ops  |

**Note:** See OSTP for references to US activities.  
End of Radiogram