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		Weekly housekeeping
10:30-10:35	CDR	On MCC GO: ISS O2 repress from Progress 353 CpΠK (Oxygen Supply Facility) (start)
10:30-11:30	FE-1	Physical exercise (CEVIS)
10:35-11:35	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
11:30-13:00	FE-1	Physical Exercise (RED)
11:35-11:40	CDR	ISS O2 repress from Progress 353 CpΠK (terminate)
11:55-12:15	CDR	Private family conference (Ku + S-band)
13:25-13:45	CDR	Private family conference (Ku + S-band)
13:45-14:45		LUNCH
15:00-15:25		Weekly planning conference (S-band)
15:35-15:50	FE-1	Private family conference (Ku + S-band)
16:15-17:45	CDR	Physical exercise (TVIS), day 4
17:45-18:15	CDR	СОЖ maintenance
18:10-18:15	FE-1	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	CDR	STATOKONIA. [APT] Auto Logger temperature check
		PULSE

Note: See OSTP for references to US activities.

End of Radiogram