

**OFF DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:05	CDR	SFOG Candle Replacement and Activation. <b>Report to MCC</b> number of used candles
08:05-11:05		Weekly housekeeping / MO, Book 1, item 2.2.1, page 2-2
11:05-11:40	FE-1	SFOG Candle Replacement and Activation. <b>Report to MCC</b> number of used candles
11:20-11:45	CDR	DIATOMEA. World ocean observations
12:10-13:10		Physical exercise (VELO + Load Trainer/Cycle 1), day 4
13:10-13:40		Weekly planning conference (S-band)
13:40-14:40		LUNCH
14:40-14:55	FE-1	Rebooting all PCS (weekly)
14:55-15:00		Rebooting OCA SSC router
15:05-15:20		Private family conference (Ku + S-band)
15:10-15:30	CDR	Liquid Unit [БЖ] #5 Leak Test (Elektron). Tagup with specialists ( <i>S-band</i> )
16:30-17:30	FE-1	Physical Exercise (TVIS)
17:30-19:00	CDR	Physical Exercise (TVIS), day 4
	FE-1	Physical Exercise (RED)
19:00-19:30	CDR	COЖ maintenance (Inspection of БРПК)
19:25-19:30	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
<b>Task List</b>	CDR	URAGAN Observation and photo imagery
		ETD. Experiment ops

**Note:** See OSTP for references to US activities.

End of Radiogram