

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-10:30	.	Weekly housekeeping
10:30-10:50	.	Weekly ISS Program crew conference ( <i>S-band</i> )
10:50-12:20	CDR	Physical Exercise (TVIS+RED) day 4
10:50-11:05	FE-1	PCS reboot (once a week)
11:05-11:10		OCA SSC reboot
11:10-12:10		Physical exercise (CEVIS)
12:10-12:20		Food questionnaire
12:20-13:20	.	LUNCH
13:20-13:50	.	WPC ( <i>S-band</i> )
14:00-14:15	FE-1	PPC ( <i>S-band</i> )
14:23-14:38		BSTC gas supply module activation
14:38-15:08		BSTC activation
15:08-15:13		BSTC parameter downlink
15:20-15:35		BSA charge terminate
15:55-16:00		BSTC parameter downlink
16:45-17:15	CDR	COX maintenance
16:50-17:35		BSTC experiment terminate
17:15-18:15	CDR	Physical Exercise (VELO + Force Loader/cycle 1) day 4
17:45-19:15	FE-1	Physical exercise (RED)
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Presleep
21:30-06:00	.	SLEEP
<b>Task list</b>	CDR	MOLNIYA-CM-LSO. Equipment activation
		DIATOMEA. Study of the World ocean
		ECON. Observation and photo imagery
		MATRIOSHKA-P. Payload location photo imagery
		ETD. Performing experiment
		URAGAN. Observation and photo imagery

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

End of radiogram