

**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		Weekend housekeeping
10:30-11:30	FE-1	Physical Exercise (VELO + Force Loader/ cycle 1) day 2
12:15-13:15	.	LUNCH
13:15-13:30	FE-1	PFC ( <i>home phone via VHF</i> )
13:30-13:40	FE-1	Filter [БФ] replacement in CO2 gas analyzer ИК0501 (Use CO2 filter #32 (FGB1ПГО_2_213_1). Stow removed CO2 filter for return and report location to MCC)
13:40-14:00		ISS crew / Program Management weekly conference ( <i>S-band</i> )
14:25-14:55		Weekly planning conference ( <i>S-band</i> )
15:45-16:00	CDR	PPC ( <i>S-band</i> )
17:00-18:00		Physical Exercise (CEVIS)
17:30-19:00	FE-1	Physical Exercise (TVIS) day 2
18:00-19:15	CDR	Physical Exercise (RED)
19:00-19:30	FE-1	COЖ maintenance/ <i>Inspection of БРПК separator</i>
19:15-19:30	CDR	Questionnaire: journal entry
19:30-20:00	.	DINNER. Renal: pill ingestion.
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
TASK LIST	FE-1	Equipment search
		MOLNIYA-SM. Measurement data download to HDD9

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

End of radiogram