

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 housecleaning
10:30–11:30	CDR	Physical exercise (VELO + Load Trainer-1 / day 4)
11:15–11:20	FE-1	IMS auto import/export
11:20–12:35	FE-1	Physical exercise (TVIS)
11:30–11:40	CDR	On MCC GO: pressurization of ISS with O2 from Progress-247 CpPK system
12:35–13:35		LUNCH
13:35–14:05		Weekly planning conference (<i>S-band</i>)
17:20–18:00	CDR	Maintenance of COЖ
17:48–18:05	FE-1	Private family conference
18:00–19:30	CDR	Physical exercise (TVIS-4)
18:15–19:30	FE-1	Physical exercise (RED)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities.
 Task List CDR: URAGAN Earth observations
 DIATOMEA ocean observations
 MOLNIYA: Mounting of LSO instrument

End of radiogram