

**Weekly Housekeeping and 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	CDR, FE-2	Weekly Housekeeping
07:30-10:30	FE-1	Weekly housekeeping (FGB ventilation system preventive maintenance)
10:30-11:30	FE-2	Physical Exercise (RED)
10:30-12:00	CDR	Physical Exercise (CEVIS)
10:30-12:00	FE-1	Physical Exercise (TVIS) day 2
12:20-12:50	CDR	COX maintenance
12:50-13:50		LUNCH
13:50-14:20		Weekly Planning Conference ( <i>S-band</i> )
14:30-14:40	FE-2	Terminate BSA battery charge
14:40-15:00	FE-2	Start BSA battery charge
15:00-15:05	FE-2	Crew Discretionary Conference ( <i>Ku +S-band</i> )
15:05-15:25	FE-2	Start EMU Metox Regeneration
15:35-15:40	CDR	CHECS equipment reactivation
15:35-17:05	FE-2	Physical Exercise (CEVIS)
15:40-16:40	CDR	Physical Exercise (RED)
16:10-17:10	FE-1	Physical Exercise (VELO+RED) day 2
17:05-17:10	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
17:30-18:00		DINNER
18:00-18:30		Daily food prep
18:30-19:30		Pre-sleep
19:30-04:00		SLEEP
<b>Task List</b>	FE-1	URAGAN. Observation and photography
		RASTENIYA-2. Recharging water tank
		TBY (Universal Bioengineering Thermostat). Temperature check

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

End of Radiogram