

Housekeeping and Crew off Duty

GMT	CREW	ACTIVITY
08:30-08:40		Morning Inspection
08:40-09:10		Post-sleep
09:10-10:00		BREAKFAST
10:00-13:00	CDR, FE-2	Weekly Housekeeping
10:00-13:00	FE-1	Weekly housekeeping (SM, FGB ventilation system preventive maintenance, group A)
13:25-13:55		Weekly Planning Conference (<i>S-band</i>)
14:00-15:30	FE-1	Physical Exercise (TVIS), day 4
14:00-15:30	CDR	Physical Exercise (CEVIS)
14:00-15:00	FE-2	Physical Exercise (RED)
15:00-15:10		Terminate BSA battery charge
15:30-16:30		LUNCH
16:40-17:00	FE-1	Private conference with friends (<i>S + Ku-band</i>)
16:30-16:45	CDR	Food frequency questionnaire
16:45-17:00		Inserting ICEPAC into MELFI
17:25-17:40	FE-2	Food frequency questionnaire
17:25-17:55	FE-1	Photo of a scuffmark left by the Docking Mechanism Probe on the DC1 АСП-O Receiving Cone
17:30-18:00	CDR	COЖ maintenance
17:55-18:05	FE-1	Downlink photo imagery of the Docking Cone internal surface (via OCA)
19:10-19:35		TV greetings on the 60 th Anniversary of Energia's production department #414 (To= 19:09, T1, T2, T3 - from СПП)
19:55-20:55	FE-1	Physical Exercise (VELO + RED) day 4
20:30-22:00	FE-2	Physical Exercise (TVIS)
20:55-21:55	CDR	Physical Exercise (RED)
21:35-21:55	FE-1	On MCC-M Go Elektron power down and purge
21:55-22:00	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
22:00-22:30		DINNER
22:30-23:00		Daily Food Prep
23:00-00:00		Pre-sleep
00:00-08:30		SLEEP
Task List	FE-1	ECON. Observations and photography
		TBY (Universal Bioengineering Thermostat). Temperature check
		Removable Cassette Container [CKK]. Photography of Cassettes

Note: See OSTP for references to US activities.
End of Radiogram