

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	CDR, FE-1	Weekly Housekeeping. Grille cleaning in ВПхО, ВПрК, DC1 B3 and FGB LJB 2 fan Inspection of Structural Elements
07:30-10:30	FE-2	Weekly Housekeeping
10:30-12:00	FE-2	Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 3
11:10-11:30	CDR	Private Family Conference (<i>Ku + S-band</i>)
12:00-13:00	CDR	Physical Exercise (VELO+RED), day 3
12:00-13:00	FE-2	Physical Exercise (CEVIS)
12:40-13:00	FE-1	Private Family Conference (<i>Ku + S-band</i>)
13:15-13:45		Weekly planning conference (<i>S-band</i>)
13:45-14:45		LUNCH
14:45-15:15	FE-2	EarthKAM: hardware deactivation and stowage
14:45-14:50	CDR	Pre-filter cleaning in POTOK-150MK Air Purification System (<i>Vacuum cleaner is equipped with narrow nozzle and POTOK unit is powered down</i>)
15:15-15:30	FE-2	Replacement of EarthKAM equipment kit
15:30-16:10	FE-2	VOL SCI. OBT
16:10-16:30	FE-2	VOL SCI. Installation of Space Linear Acceleration Mass Measurement Device (SLAMMD)
16:20-17:00	CDR	COX maintenance
16:30-16:45	FE-2	VOL SCI. SLAMMD test run
16:45-17:05	FE-2	VOL SCI. Removal of Space Linear Acceleration Mass Measurement Device (SLAMMD)
17:00-18:00	FE-1	Physical Exercise (VELO+RED), day 3
18:00-19:30	CDR	Physical Exercise (TVIS), day 3
19:10-19:15	FE-2	Transfer of TVIS, RED, and HRM data to MEC
19:15-19:30	FE-2	Private Psychological Conference (<i>Ku + S-band</i>)
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
TASK LIST	CDR	ECON. Observations and Photography
	FE-1	URAGAN. Observations and Photography

Notes:

1. See OSTP for references to US activities.
 2. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
 3. 22:00-23:00 no access to OCA
- End of Radiogram