

Weekend Housekeeping

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:45-10:15		Weekend housekeeping
10:15-10:45		Preventive maintenance of SM ventilation system. Group A
11:30-12:30	FE-1	Physical Exercise (VELO + Force Loader/ cycle 1) day 1
12:10-12:25	CDR	PCS reboot (once a week)
12:25-12:30	CDR	OCA router reboot
12:30-13:30		LUNCH
13:30-14:00	FE-1	On MCC go Burning of SFOG candles (2)
14:00-14:30		Weekly planning conference (<i>S-band</i>)
15:10-15:25	FE-1	Private family conference (<i>home TLF via VHF</i>)
15:45-16:00	CDR	Private family conference (<i>S-band</i>)
16:25-16:55	FE-1	COX maintenance(<i>inspection of БПТК separator</i>)
16:55-18:25	FE-1	Physical Exercise (TVIS) day 1
17:00-18:00	CDR	Physical Exercise (CEVIS)
18:00-19:15	CDR	Physical Exercise (RED)
19:15-19:30	CDR	Questionnaire: journal entry
19:30-20:00		Daily food prep
20:00-20:30		DINNER. Renal: pill ingestion
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	Equipment search
		PULSE experiment

Note: See OSTP for references to US activities

End of radiogram