

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 Screen cleaning in ВПхО, ВПрК, ФС5, 6, 9, DC1, FGB ЛБ2
07:30-10:30	FE-2	Weekly Housekeeping
10:30-10:50	FE-1	Private Family Conference (<i>Ku + S-band</i>)
10:30-12:00	FE-2	Physical Exercise (RED)
10:30-12:00	CDR	Physical Exercise (TVIS) day 1
12:00-13:00	FE-1	Physical Exercise (VELO+RED), day 1
12:00-12:15	FE-2	Private psychological conference (<i>Ku + S-band</i>)
12:30-12:50	CDR	Private Family Conference (<i>Ku + S-band</i>)
12:55-13:00	CDR	Pre-filter cleaning in POTOK-150MK Air Purification System (<i>use vacuum cleaner equipped with narrow nozzle attachment and POTOK unit powered down</i>)
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference (<i>S-band</i>)
15:15-15:55	CDR	COЖ maintenance
15:55-16:55	CDR	Physical Exercise (VELO+RED), day 1
16:55-18:25	FE-1	Physical Exercise (TVIS) day 1
18:25-19:25	FE-2	Physical Exercise (TVIS)
19:25-19:30	FE-2	Transfer of TVIS, RED, and HRM data to MEC
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	FE-1	URAGAN. Observations and photography
		Photography of Removable Cassette Containers [CKK]
	CDR	ECON. Observations and photography
	CDR, FE-1	Photography of one Russian crew member in ATV interior

Notes: 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion with **Report to MCC**

End of Radiogram