

**CREW OFF-DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1	Morning Inspection
06:00-06:25	FE-2	Nutrition: urine collection and sample insertion
06:10-06:40	CDR, FE-1	Post-sleep
06:25-06:35	FE-2	Morning Inspection
06:35-07:05	FE-2	Post-sleep
06:40-07:30	CDR, FE-1	BREAKFAST
07:05-07:55	FE-2	
07:30-10:30	CDR, FE-1	Weekly Housekeeping
08:15-11:15	FE-2	Cleaning B3 fan grille in DC1, and ВПpK, ВПxO, ВдПpK fan grilles /
07:55-08:15	FE-2	Nutrition - stowing urine sampling kit
10:30-12:00	FE-1	Physical Exercise (TVIS), Day 4
11:15-12:15	FE-2	SODF WARNING book revision
11:55-12:55	CDR	Physical Exercise (VELO+RED) day 4
12:00-12:25	FE-1	PLANTS-1. Terminate Hardware Test <i>Tagup with specialists (S-band)</i>
12:15-12:35	FE-2	SAT SCI-EPO ops review
12:35-12:50	FE-2	SAT SCI-EPO. Camera set up for EPO ops
12:55-13:25		Weekly Planning Conference (S-band)
13:30-13:35	CDR	<b>On MCC Go</b> ISS O2 repress from Progress 359 CpПK (start)
13:35-14:35		LUNCH
14:35-15:00	FE-2	SAT SCI-EPO Hobby demonstration (S + Ku-band)
14:35-14:40	CDR	ISS O2 repress from Progress 359 CpПK (terminate)
14:40-15:20	CDR	COЖ maintenance
15:00-15:10	FE-2	SAT SCI-EPO Equipment stowage
16:00-17:30	FE-2	Physical Exercise (TVIS)
17:15-18:15	FE-1	Physical Exercise (VELO+RED), day 4
17:55-18:10	FE-2	Questionnaire - journal entry
18:00-19:30	CDR	Physical Exercise (TVIS), day 4
18:10-19:10	FE-2	Physical Exercise (RED)
19:10-19:30	FE-2	Daily food prep
19:30-19:35	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
19:30-20:00	CDR,FE-1	Daily food prep
19:40-19:45	FE-2	HAM radio setup
19:45-19:55	FE-2	HAM radio session
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	URAGAN. Observation and photography
	FE-1	ECON. Observation and photography

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

End of Radiogram