

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:50-09:20	CDR	БСПН (Payload Server) recovery. <i>Tagup with specialists (S-band)</i>
09:25-09:40	FE-1	Set up video equipment to record exercise on TVIS
09:40-11:10		Physical Exercise (TVIS)
11:10-11:20		RED bolt maintenance
11:20-11:50	CDR	KUBIK1. Transfer data to a return memory card. <i>Tagup with specialists (S-band)</i>
11:20-12:20	FE-1	Physical Exercise (RED)
11:50-13:20	CDR	Physical Exercise (TVIS) day 4
12:30-12:35	FE-1	HAM radio setup
12:35-12:45		HAM radio session
12:55-13:25		Portable Breathing Apparatus (PBA) and Portable Fire Extinguisher (PFE) inspection
13:20-13:25	CDR	On MCC Go ISS O2 repress from Progress 355 CpПK (start)
13:25-14:25		LUNCH
14:25-14:30	CDR	ISS O2 repress from Progress 355 CpПK (terminate)
14:25-14:40	FE-1	Stow video equipment used to record exercise on TVIS
14:30-15:00	CDR	COЖ maintenance
15:45-16:00	FE-1	US Ground Site VHF Test
16:00-17:00	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
17:00-17:10		PAO hardware setup
17:10-17:20		Crew prep for PAO
17:20-17:40		TV PAO session with Department of Education under the Foreign Affairs Ministry(<i>Ku+S-band</i>)
18:10-18:15	CDR	O2 and CO2 monitoring
	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:15-18:55		Evening work prep
18:55-19:10		Daily Planning Conference (<i>S-band</i>)
19:10-19:30		Evening work prep
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	URAGAN. Observation and photography

Note: See OSTP for references to US activities.

End of Radiogram