

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:05	CDR	PLASMA CRYSTAL-3. Turbopump Activation.
06:00-06:10	FE-1	Morning Inspection
06:05-06:10	CDR	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	Breakfast
07:30-10:30	.	Weekly Station Housekeeping
10:30-10:50	.	Weekly Program Management/Crew Conference (<i>S-band</i>)
10:50-11:50	FE-1	Physical Exercise – TVIS
11:50-13:20	CDR	Physical Exercise – TVIS – Day 1
11:50-13:20	FE-1	Physical Exercise – RED
13:20-13:50	.	Weekly Planning Conference (<i>S-band</i>)
13:50-14:50	.	Lunch
14:50-15:05	FE-1	Private Family Conference (<i>S-band</i>)
15:30-16:00	FE-1	EarthKam: Hardware Deactivation and Stow
16:35-16:40	CDR	On MCC Go ISS Repress w/O2 from Progress 353 CpПК (Start)
16:40-17:40	CDR	Physical Exercise (VELO + FL1) – Day 1
17:40-17:45	CDR	ISS Repress w/O2 from Progress 353 CpПК (End)
17:45-18:15	CDR	COЖ Maintenance
18:10-18:15	FE-1	TVIS, RED, and HRM File Download to MEC
19:30-20:00	.	Dinner
20:00-20:30	.	Daily Food Prep
20:30-21:30	FE-1	Pre-Sleep
20:30-21:25	CDR	Pre-Sleep
21:25-21:30	CDR	PLASMA CRYSTAL-3. Turbopump Deactivation
21:30-06:00	.	Sleep
Task List	CDR	STATOKONIA. Temperature Monitoring Using APT
		URAGAN. Observation and Photo Imagery

Note: Cf. OSTP for any missing references to US Activities.

End of Radiogram