

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		Weekly Housekeeping
10:30-12:00	CDR	Physical Exercise (TVIS)
11:35-11:55	FE-1	ALTCRISS. Card changeout and data dump via OCA
11:55-13:25		Physical Exercise (TVIS) day 3
12:00-13:00	CDR	Physical Exercise (RED)
13:25-13:30	FE-1	On MCC Go ISS O2 repress from Progress 354 CpПК (start)
13:30-14:30	.	LUNCH
14:30-14:35	FE-1	ISS O2 repress from Progress 354 CpПК (terminate)
14:30-14:45	CDR	FDI (Fluid Dynamics Investigation) experiment procedure review
14:45-14:55		Setup the camcorder to video FDI experiment
14:55-16:55		FDI experiment ops: adding fluid to TCM
16:45-17:15	FE-1	COЖ maintenance.
17:15-18:15		Physical Exercise (VELO + RED) day 3
18:10-18:15	CDR	BCAT-3: camera checkout
19:20-19:35		Private family conference (<i>S-band</i>)
19:25-20:00		DINNER
19:30-20:00	FE-1	
20:00-20:30	.	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY incubator temperature check
		Search for CKB2 Power Supply Unit (БП)
		ECON. Observations and photography
		STATOKONIA. Self-Contained Temperature Logger [APT] temperature check

Note: See OSTP for references to US activities.

End of Radiogram