

Crew Off-Duty. Weekly Housekeeping.

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-10:30	FE-1	Weekly housekeeping
07:35-07:45	CDR	Soyuz Form 03 parameter calldown
07:45-10:45	CDR	Weekly housekeeping
10:30-12:00	FE-1	Physical Exercise (RED)
10:45-12:15	CDR	Physical Exercise (TVIS) day 1
12:00-12:05	FE-1	LAB window leak check
12:05-12:15	FE-1	EMU cartridge regeneration (start)
12:15-12:45	.	Weekly planning conference (<i>S-band</i>)
12:45-13:45	.	LUNCH
14:00-14:20	.	Program management/ISS crew weekly conference (<i>S-band</i>)
14:40-14:55	FE-1	PPC (<i>S-band</i>)
16:00-16:30	CDR	COX maintenance
16:00-16:20	FE-1	TEPC transfer
16:20-17:20	FE-1	Inspection of emergency lights power supply in Node 1
17:00-17:25	CDR	TV downlink. Best wishes to I. A. Adyrbekov (<i>To+16.58, T1, T2, T3 from CПП</i>)
18:05-18:15	CDR	Soyuz Form 03 parameter calldown
18:15-19:15	CDR	Physical Exercise (VELO + Force Loader/ cycle 1) day 1
18:15-19:15	FE-1	Physical Exercise (CEVIS)
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	DIATOMEA
		CARDIOCOG

Note: See OSTP for references to US activities

End of radiogram