

**Crew Off-Duty**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:00	FE-1	Miscible Fluids in Microgravity (MFMG) P/L OBT
08:00-11:00		Weekly housekeeping
11:00-12:30	FE-1	MFMG experiment set up
11:00-12:00	CDR	Physical Exercise (TVIS) day 2
12:00-12:30	CDR	Physical Exercise (RED) day2
12:30-13:30		LUNCH
13:40-14:10		Weekly planning conference ( <i>S-band</i> )
14:10-15:35	FE-1	MFMG experiment 1 set up
15:40-15:55		PPC ( <i>S + Ku-band</i> )
16:30-18:00		Physical Exercise (RED)
18:00-19:00		Physical Exercise (CVIS)
18:00-18:30	CDR	COЖ maintenance ( <i>Inspection of БПНК</i> )
18:30-19:30		Physical Exercise (VELO + Force Loader/cycle 1) day 2
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30	CDR	Pre-sleep
20:30-20:50	FE-1	Capillary flow Experiment: Investigator / Crew conference ( <i>S-band</i> )
20:50-21:05		
21:05-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	RASTENIYA-2. Data downlink
		ETD / <a href="#">r/g 8523</a>
		URAGAN. Observation and photo imagery
		Downloading БПН log files from Wiener / 8562

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

End of radiogram