CREW OFF-DUTY. WEEKLY HOUSEKEEPING.

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-2	Morning inspection
06:00-06:05	FE-1	PLASMA CRYSTAL-3 PLUS. Turbo-pump activation
06:05-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	FE-1	Weekly Housekeeping Cleaning ВПхО, ФС5, ФС6, ФС9 (ВДПрК), ВПрК, ВЗ DC1, FGB ЦВ2 Fan
07:30-09:55	FE-2	Weekly Housekeeping
07:30-07:45		HRF - Replacing Laptop 2 Adaptor
07:45-07:55	CDR	HRF - A31P power up
07:55-10:45		Weekly Housekeeping
09:55-10:00	FF 0	MPC Activation for HDTV Playback Ops
10:00-12:00	FE-2	SPHERES - session
10:30-12:00	FE-1	Physical Exercise (TVIS), Day 1
10:45-12:15	CDR	Physical Exercise (RED)
12:00-13:00	FE-2	Physical Exercise (CEVIS)
12:15-13:00	CDR	HRF1 - load prep
12:30-12:50	FE-1	Tagup with the Korolev City Election Committee (VHF)
13:00-14:00		LUNCH
14:05-14:50		STS 122/1E and ISS16 Crew Conference (Ku + S-band)
14:50-15:05	CDR	Private psychological conference (Ku + S-band)
15:05-15:20	FF 2	Private psychological conference (Ku + S-band)
15:20-15:55	FE-2	EPO (PL) demonstration - procedure review
15:20-15:55	CDR	HRF1 - load prep
15:20-15:35	FE-1	PAO hardware setup
15:35-16:00		Equipment set up and TV PAO with the RF Central Election Committee (To=15:20,T1,T2,T3- from CΠΠ)
15:40-15:55	FF 2	Educational Payload Ops (EPO): camcorder set up
15:55-16:20	FE-2	EPO - Living Area Demonstration
16:00-17:00	FE-1	Physical Exercise (VELO+RED), Day 1
16:00-16:30	CDR	CGBA5 ops
16:20-16:30	FF 2	EPO Hardware Stow
16:45-18:15	FE-2	Physical Exercise (RED)
16:45-16:55	CDR	Terminate BSA battery charge
16:55-17:55		Physical Exercise (TVIS)
17:35-18:10	FE-1	Evening work prep
17:55-18:05	CDR	HRF1 - RIC Hardware Stow
18:05-18:10		MPC Deactivation
18:10-18:50	FE-1	СОЖ maintenance
18:15-18:50	CDR,FE-2	Evening work prep

18:50-19:05		Daily Planning Conference (S-band)
19:05-19:30		Evening work prep
19:30-19:45	CDR	Private Family Conference (Ku + S-band)
19:30-20:00	FE-1,FE-2	Daily food prep
19:45-20:00	CDR	
20:00-20:30	CDR,FE-1	DINNER
20:00-20:35	FE-2	
20:30-21:25	FE-1	Pre-sleep
20:30-21:30	CDR	
20:35-20:50	FE-2	Private Family Conference (Ku + S-band)
20:50-21:30	FE-2	Pre-sleep
21:25-21:30	FE-1	PLASMA CRYSTAL-3 PLUS. Turbo-pump deactivation
21:30-06:00	-	SLEEP
Task List	FE-1	DIATOMEA. World Ocean Observations

Note: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion
End of Radiogram