

Weekly Housekeeping. Crew Off-Duty

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-Sleep
06:40-07:30	.	BREAKFAST
07:30-07:40	FE-1	Glove Box Activation
07:50-08:20	.	Orlan and ECC config for stowage
08:20-08:30	CDR	Orlan 8253M3 Unit 1 battery discharge
08:20-09:15	FE-1	HEAT Hardware Installation
09:15-10:15	FE-1	PHYSICAL EXERCISE: TVIS
10:15-11:45	FE-1	PHYSICAL EXERCISE: (RED)
10:45-11:45	CDR	PHYSICAL EXERCISE: TVIS – DAY 4
11:45-11:50	FE-1	HEAT Activation, Step 1
11:45-12:15	CDR	PHYSICAL EXERCISE: RED
11:50-12:05	FE-1	HEAT Photo Imagery
12:05-12:15	FE-1	Food Questionnaire
12:15-13:15	.	LUNCH
13:15-13:45	.	Weekly Planning Conference (S-band)
13:45-16:45	CDR	Weekly Housekeeping
13:45-13:50	FE-1	HEAT Activation, Step 2
13:50-16:45	FE-1	Weekly Housekeeping
16:45-17:00	FE-1	Private Family Conference (Ku + S-Band)
17:15-17:20	FE-1	HEAT Activation, Step 2
18:00-18:30	CDR	COX Maintenance
18:30-19:30	CDR	PHYSICAL EXERCISE (VELO+FL-1) – DAY 4
19:25-20:00	FE-1	DINNER
19:30-20:00	CDR	DINNER
20:00-20:30	.	Daily Food Prep
20:30-21:25	CDR	Pre-Sleep
20:30-20:35	FE-1	HEAT Activation, Step 2
20:35-21:30	FE-1	Pre-Sleep
21:25-21:30	CDR	Orlan 8253M3 Unit 1 battery discharge / Suit Ops, para. 5.10.3, step 6, p. 5-12
21:30-06:00	.	Sleep
Task List	CDR	PLANTS-2. Water Tank Topup
		PLANTS-2. Equipment Monitoring

Note: Cf. OSTP for missing references to US activities.

END OF RADIOGRAM