

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	Breakfast
07:45-07:55	CDR	PromISS 3: tape exchange
08:00-11:00	CDR	Weekend housekeeping
08:00-08:40	FE-1	
08:40-08:55	FE-1	Regeneration of БМП absorption cartridge Φ1 (start)
09:10-11:30	FE-1	Weekend housekeeping
11:30-12:30	FE-1	Physical Exercise (VELO + Force Loading/cycle 1) day 2
12:30-13:30	.	LUNCH
13:35-13:45	FE-1	PFC (<i>VHF: home phone</i>)
14:10-14:40	.	Weekly Planning Conference (<i>S-band</i>)
14:40-14:55	CDR	PPC (<i>Ku + S-band</i>)
16:00-16:20	.	Weekly ISS crew/Program management conference (<i>S-band</i>)
16:30-18:45	CDR	Physical Exercise (TVIS + RED)
17:30-19:00	FE-1	Physical Exercise (TVIS) day 2
19:00-19:30	FE-1	COЖ maintenance
19:30-20:00	.	Daily food prep
20:00-20:30	.	DINNER (RENAL: pill ingestion)
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task list	FE-1	Equipment search
		Download LSO data to HDD #8

Note: See OSTP for references to US activities

End of radiogram