

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:50-11:10		ISS crew / Program Management weekly conference (<i>S-band</i>)
11:10-12:10	CDR	Physical Exercise (TVIS) day 3
11:50-12:20	FE-1	Review of educational PAO
12:10-12:40	CDR	Physical Exercise (RED)
12:20-12:40	FE-1	Educational PAO: V/C set up
12:40-13:40		LUNCH
13:40-14:00		Weekly planning conference (<i>S-band</i>)
14:00-14:30	FE-1	EarthKAM: Equipment power off and stowage
14:40-15:10		PFC (<i>S + Ku-band</i>)
15:20-15:50	CDR	EDV [KOB] fillup for Elektron
15:50-16:20		COЖ maintenance (<i>Inspection of БРПК separator</i>)
16:15-16:30	FE-1	PPC (<i>S-band</i>)
16:45-18:15		Physical Exercise (RED)
17:15-18:15	CDR	Physical Exercise (VELO + Force Loader/cycle 1) day 3
18:15-19:15	FE-1	Physical Exercise (CEVIS)
19:15-19:30		Questionnaire: journal entry
19:30-19:50		DINNER
19:30-20:00	CDR	
19:50-20:15	FE-1	Educational PAO prep: V/C set up
20:00-20:30	CDR	Daily food prep
20:15-20:30	FE-1	
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram