

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:30	FE-1	Activation of ELEKTRON
08:30-11:00		Weekend housekeeping
08:00-10:50	CDR	
10:50-11:00		VTR-2 head cleaning
11:00-11:15	FE-1	PMC (VHF)
11:30-12:30		Physical Exercise (VELO + Force Loader/ cycle 1) day 4
12:30-13:30	.	LUNCH
13:30-13:50		ISS crew / Program Management weekly conference (S-band)
14:05-14:20	FE-1	PFC (VHF)
14:20-14:35	CDR	Questionnaire: journal entry
14:45-15:15	.	Weekly planning conference (S-band)
15:15-16:15	CDR	Physical Exercise (CEVIS)
15:15-15:45	FE-1	COX maintenance
15:45-16:15		On MCC go: burning 2 Solid Oxygen Generator candles [TFK]
16:15-17:30	CDR	Physical Exercise (RED)
17:35-17:50		PPC (S-band)
18:00-19:30	FE-1	Physical Exercise (TVIS) day 4
18:00-18:15	CDR	PFC (Ku + S-band)
19:30-20:00	.	DINNER (Renal: pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	Equipment search
		RASTENIYA -2: Container water top off
		Procedures update in EMER-1 book

Note: See OSTP for references to US activities

End of radiogram