

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly housekeeping
07:30-07:35	FE-1	LAB window leak check
07:35-10:30		Weekly housekeeping
11:00-12:30	CDR	Physical Exercise (TVIS + RED) day 4
12:30-13:30		LUNCH
14:25-14:55	CDR	COЖ maintenance (Inspection of БРПК)
14:45-14:55	FE-1	Carbon dioxide level monitoring
14:55-15:25		Weekly planning conference (<i>S-band</i>)
15:25-15:55	FE-1	EarthKAM: power off and stowage of the equipment installed in the SM
16:05-16:35		Viewing film for SAFER ops training
16:40-16:55	FE-1	ADUM tagup (<i>S-band</i>)
17:00-18:00	CDR	Physical Exercise (VELO + Force Loader/cycle 1) day 4
	FE-1	Physical Exercise (CEVIS)
18:00-19:30		
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30	CDR	Pre-sleep
20:30-21:00	FE-1	
21:00-21:15		PFC (<i>S-band</i>)
21:15-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	PULSE. Experiment ops

Note: See OSTP for references to US activities
 END OF RADIOGRAM