

**CREW OFF DUTY. ISS WEEKLY CLEANING.**

| GMT         | CREW      | ACTIVITY  |
|-------------|-----------|---|
| 06:00-06:10 | .         | Morning Inspection  |
| 06:10-06:40 |           | Post-sleep  |
| 06:40-07:30 |           | Breakfast   |
| 08:00-11:00 | CDR, FE-1 | Weekly Housekeeping<br>ВПхО, ФС5, ФС6, ФС9 (ВДПРК), ВПРК, ЦБ2 ФГБ / Screen Cleaning |
| 11:15-11:35 | .         | Weekly Planning Conference ( <i>S-band</i> )  |
| 11:35-13:05 | FE-1      | Physical Exercise (TVIS)- 4   |
| 11:35-13:05 | FE-2      | Physical Exercise (RED)   |
| 13:05-14:05 |           | Physical Exercise (CEVIS)   |
| 13:05-14:05 | CDR       | Physical Exercise (VELO + RED)- 4   |
| 14:05-15:05 | .         | LUNCH   |
| 15:05-15:20 | FE-2      | Food Frequency Questionnaire  |
| 15:05-15:45 | FE-1      | COЖ Maintenance   |
| 15:40-15:45 | БИ-2      | HAM RADIO Setup.  |
| 15:45-15:55 |           | HAM RADIO PASS  |
| 16:00-19:00 |           | ISS weekly cleanup  |
| 16:00-17:30 | CDR       | ФУ (TVIS) - 4   |
| 17:00-18:00 | FE-1      | ФУ (БЕЛО+RED) - 4   |
| 19:25-19:30 | FE-2      | Transfer of TVIS, RED and HRM data to MEC   |
| 19:30-20:00 | .         | Daily Food Prep   |
| 20:00-20:30 |           | DINNER  |
| 20:30-21:25 | FE-2      | Pre-sleep   |
| 20:30-21:30 | CDR, FE-1 | Pre-sleep   |
| 21:25-21:30 | FE-2      | Questionnaire Crew Reminder   |
| 21:30-06:00 | .         | SLEEP   |

**Notes:**

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities.

End of Radiogram