

**Disable БД-СУ Mode and Power Off БИТС. Weekly Housekeeping**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:00-11:00		Weekly housekeeping
11:00-12:30	CDR	Physical Exercise (TVIS + RED) day 1
12:30-13:30		LUNCH
13:30-14:00		Weekly planning conference ( <i>S-band</i> )
14:05-14:20	FE-1	PPC ( <i>S-band</i> )
14:30-15:15	FE-1	BCAT: Equipment set up
15:15-15:50	FE-1	BCAT: photography of specimen
15:50-16:20	FE-1	BCAT: Hardware teardown
15:35-15:55	CDR	[3Y-C] charging unit config to discharge 825M3 units and set up unit for discharge
15:55-16:00	CDR	<b>On MCC GO:</b> mate TLM connectors to БИТС2-12
16:00-16:10	CDR	Start discharge Orlan units 825M3
16:10-16:40	CDR	<b>On MCC GO:</b> Download Navigation Receiving Module [НПМ] test data to flash card
17:00-18:30	FE-1	Physical Exercise (RED)
18:00-18:30	CDR	COЖ maintenance
18:30-19:30	FE-1	Physical Exercise (CEVIS)
18:30-19:30	CDR	Physical Exercise (VELO + Force Loader/cycle1) day 1
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-20:50	FE-1	Pre-sleep
20:30-21:30	CDR	Pre-sleep
20:50-21:05	FE-1	PFC ( <i>S-band</i> )
21:05-21:30	FE-1	Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	БСПН file log downlink
		MOLNIYA-SM. Copying data to HDD
		БСПН data copying via ISS Wiener

**Note:** See OSTP for references to US activities

End of radiogram