

SOYUZ БИЛУ CALIBRATION. 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
10:30-12:00	CDR	Physical Exercise (TVIS)
10:45-11:00	FE-1	Private psychological conference (<i>VHF</i>)
12:00-13:00	CDR	Physical Exercise (RED)
12:00-13:30	FE-1	Physical exercise (TVIS), Day 3
13:30-14:00		Weekly planning conference (S-band)
14:00-15:00		LUNCH
15:00-16:00	FE-1	Progress 355 transfers and IMS update
16:00-17:00		Equipment prepack for return on Soyuz
16:45-17:00	CDR	Private family conference (<i>Ku + S-band</i>)
17:15-18:15	FE-1	Physical exercise (TVIS), Day 3
18:20-18:25	CDR	Transferring TVIS, RED, and HRM data to MEC
18:25-18:30		O2 and CO2 monitoring.
18:30-19:00		COЖ maintenance
19:00-19:30		Daily food prep
19:30-20:00	.	DINNER
20:00-20:30	FE-1	Daily food prep
20:00-21:00	CDR	Pre-sleep
20:30-21:30	FE-1	
21:00-21:20	CDR	Crew discretionary conference (<i>S-band</i>)
21:30-06:00	.	SLEEP
Task List	FE-1	GCF-JAXA. TBY temperature check
		STATOKONIA. APT temperature check
		Extending air duct in Soyuz 217

Note: See OSTP for references to US activities.

End of Radiogram