

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	CDR	Weekly housekeeping
07:30-08:55	FE-1	
08:55-10:55	FE-1	Removal of gas bubbles from electrolyte loop using Elektron circulation assembly (YL). Tagup w/specialists (<i>S-band, VHF</i>)
10:55-11:15		ISS crew / Program management tagup (<i>S-band</i>)
11:30-13:00	FE-1	Physical Exercise (TVIS-3)
11:30-13:00	CDR	Physical Exercise (RED)
13:00-14:00		LUNCH
14:00-14:30		Weekly planning conference (<i>S-band</i>)
14:35-15:05	FE-1	Filling EDV (KOV) for Elektron from water tank 5B2
14:35-14:50	CDR	Reboot all PCS (once a week)
14:50-14:55		SSC OCA router reboot
14:55-15:00		Carbon dioxide monitoring
15:05-15:35	FE-1	COX maintenance. <i>Inspection of БПТК separator</i>
17:15-18:15		Physical Exercise (VELO + Force Loader-1) day 3
17:15-18:15	CDR	Physical Exercise (CEVIS)
18:15-18:20		TVIS/RED/HRM data transfer to MEC
19:30-20:00		DINNER
20:00-20:30		Daily ration prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities
End of radiogram