

**CREW OFF-DUTY**

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:45-08:50	FE-1	Weekly housekeeping
07:45-10:45	CDR	
08:50-09:00	FE-1	Private family conference (VHF)
09:00-10:45		Weekly housekeeping
11:25-11:30	CDR	EXPRESS-2 rack - power down
11:30-12:30	FE-1	Physical exercise (VELO+Load Trainer day1 / cycle 1)
12:30-13:30		LUNCH
14:10-14:15	FE-1	<b>On MCC go</b> SM pressurization from Progress 248 CППК section1, start
14:15-14:45		Weekly planning conference ( <i>S-band</i> )
15:10-15:15	FE-1	<b>On MCC go</b> SM pressurization from Progress 248 CППК section1, end
16:42-16:57	CDR	Private family conference (Ku+S-band)
17:15-18:15		Physical exercise (CEVIS)
17:30-18:00	FE-1	COЖ maintenance
18:00-19:30		Physical exercise (TVIS –day 1)
18:15-19:30	CDR	Physical exercise (RED)
19:30-20:00		DINNER (Renal-pill ingestion)
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	Removing yellow tags from Sputnik-SM h/w
		URAGAN. Earth observation and imagery
		DIATOMEA Ocean Observations
		PULSE experiment ops

**Note:** See OSTP for all US procedure references

End of radiogram