

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, FE-1	Weekly Housekeeping Cleaning Fan B3 grilles in DC1, grilles in ВПхО, ВдПрК, ВПрК, and [БВН] Heater Fan in Soyuz
	FE-2	Weekly Housekeeping
10:30-12:00	FE-1	Physical Exercise (TVIS), Day 1
11:00-12:30	FE-2	Physical Exercise (CEVIS)
12:15-13:15	CDR	Physical Exercise (VELO+RED), Day 1
13:15-14:15		LUNCH
15:00-15:40	CDR	COЖ Maintenance
15:35-15:50	FE-1	Private Medical Conference (<i>Ku + S-band</i>)
15:40-15:50	CDR	Switch VOZDUKH to the automatic cycle control mode
16:00-17:00	FE-2	Physical Exercise (RED)
16:20-16:25	CDR	Switch VOZDUKH to the automatic cycle control mode
17:00-18:00	FE-1	Physical Exercise (VELO+RED), Day 1
17:05-17:20	CDR	Private Medical Conference (<i>Ku + S-band</i>)
18:00-19:30		Physical Exercise (TVIS), Day 1
18:40-18:55	FE-2	Private Medical Conference (<i>Ku + S-band</i>)
18:55-19:10		EPO - Plant Photos
19:10-19:25		Questionnaire - journal entry (FE-2)
19:25-19:30		Transfer TVIS/RED/CEVIS/HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GSF-JAXA. TBY temperature monitoring (in the morning)

Note: See OSTP for references to US activities.

End of Radiogram