

**OFF-DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
10:00-10:10		Morning inspection
10:10-10:40		Post-sleep
10:40-11:30		BREAKFAST
11:30-13:10	CDR, FE-2	Weekly Housekeeping
	FE-1	Weekly Housekeeping, Preventive Maintenance of SM Ventilation System Group A <i>cleaning</i> ВД1, 2 in DC1 <i>Filter replacement on ПС1, 2 in FGB</i>
13:10-13:40		Weekly Planning Conference ( <i>S-band</i> )
13:40-15:00	CDR,FE-2	Weekly Housekeeping
13:40-14:15		Weekly Housekeeping, Preventive Maintenance of SM Ventilation System Group A <i>cleaning</i> ВД1, 2 in DC1 <i>Filter replacement on ПС1, 2 in FGB</i>
14:15-14:35	FE-1	Private Family Conference ( <i>Ku + S-band</i> )
14:35-15:20		Weekly Housekeeping, Preventive Maintenance of SM Ventilation System Group A <i>cleaning</i> ВД1, 2 in DC1 <i>Filter replacement on ПС1, 2 in FGB</i>
15:00-16:00	FE-2	Physical Exercise (RED)
15:05-15:10	CDR	Connect LAB1D6 rack to LTL loop prior to CDRA activation
15:10-16:40		Physical Exercise (CEVIS)
15:20-16:50	FE-1	Physical Exercise (TVIS) day 4
16:45-16:55	CDR,FE-2	SPHERES. Conference on testing synchronized position hold, activation, satellite attitude change ( <i>S-band</i> )
16:50-16:55	FE-1	Copy images from Laptop RSK1 to spare HDD
17:00-17:30	CDR	COX Maintenance
17:30-18:30		LUNCH
18:30-18:35	FE-1	Copy images from Laptop RSK1 to spare HDD
18:30-22:00	FE-2	SPHERES. Test synchronized position hold, activation, satellite attitude change ( <i>Ku-band</i> )
18:45-18:55	CDR	CWC audit
21:25-22:25	FE-1	Physical Exercise (VELO+RED) day 4
22:00-23:30	FE-2	Physical Exercise (TVIS)
22:25-23:25	CDR	Physical Exercise (RED)
23:25-23:30		Transfer TVIS/RED/CEVIS/HRM data to MEC
23:30-00:00		DINNER
00:00-00:30		Daily food prep
00:30-01:30		Pre-sleep
01:30-12:00		SLEEP
<b>Task List</b>	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observations and photography
		ECON. Observation and photography
		CKK (Removable Cassette Container). Photographing cassettes

**Note:** See OSTP for references to US activities.  
End of Radiogram