

**Crew Off-Duty. Weekly Cleaning**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:05-09:35	FE-1	Troubleshooting main pump in Elektron system. Tagup with specialists ( <i>S-band</i> )
10:30-12:00	FE-1	Physical exercise (TVIS), day 4
11:30-11:40	CDR	CWC inventory
11:40-12:00	CDR	Start BSA battery charge
12:20-12:50		Weekly planning conference (S-band)
13:00-14:00		LUNCH
14:00-16:55		Weekly housekeeping
16:55-17:55	CDR	Physical Exercise (TVIS)
17:55-19:25	CDR	Physical Exercise (RED)
18:00-18:30	FE-1	COЖ maintenance
18:30-19:30	FE-1	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
19:25-19:30	CDR	Transfer TVIS, RED, and 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
<b>Task List</b>	FE-1	Copy Rokviss data from the Payload Server [БСПН] to flash card using ISS Wiener
		<b>On MCC GO:</b> ISS repress with O2 from Progress 354 CpПК

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