

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-09:55	CDR	Weekly Housekeeping
07:30-10:30	FE-1	
09:55-10:10	CDR	Prep for TV PAO (To = 09:54, To:09:54, T1, T2, T3 activation from СПП)
10:10-10:25		Greetings to Russian Science Research Institute for Space Instruments
10:25-10:55		Weekly Housekeeping
10:55-12:25		Physical exercise (TVIS), Day 2
11:25-12:25	FE-1	Physical Exercise (RED)
12:25-12:55		Weekly planning conference (S-band)
13:20-13:25	CDR	On MCC GO ISS O2 repress from Progress CpГК (start)
13:25-14:25		LUNCH
14:25-14:30	CDR	ISS O2 repress from Progress CpГК (terminate)
14:30-15:00		COЖ maintenance
14:30-15:15	FE-1	Properties of Fluid Dynamics: experiment training
15:15-15:30		Familiarization with support system for cell biotechnology experiments
15:30-16:30		Fluid dynamics experiment
16:50-18:20		Physical Exercise (TVIS)
18:20-19:20	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), Day 2
19:20-19:25	FE-1	O2 and CO2 monitoring
19:25-19:30		Transferring 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
Task list		CDR
		Checking digital memory cards SM-FOTO-DC
		Troubleshooting Laptop RSE1

Note. Note: See OSTP for references to US activities.

End of radiogram