

Crew Off Duty.

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-3, FE-4, FE-5	Morning inspection
06:00-06:05	FE-1, FE-2	SLEEP data logging
06:05-06:10	FE-1, FE-2	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-08:45	FE-2	Physical Exercise (CEVIS)
07:30-10:30	CDR, FE-3	Weekly Housekeeping ВПpK, ВПxO, ФC5, ФC6, ЦB2 ФГБ fan screen cleaning (group A)
07:30-10:30	FE-1, FE-5	Weekly Housekeeping
08:45-10:00	FE-2	Physical Exercise (ARED)
09:00-10:00	FE-4	Physical Exercise (CEVIS)
10:00-11:30	FE-4	Physical Exercise (ARED)
10:30-11:30	FE-3	Physical Exercise (VELO) – Day 4
11:30-12:30	CDR	Physical Exercise (ARED) – Day 4
12:25-12:40	FE-2	Private Family Conference (<i>Ku+S-band</i>)
12:30-13:00	CDR	Hygiene procedures following physical exercise
12:55-13:00	FE-3	On MCC Go ISS repress using oxygen from Progress CPГK (start)
13:00-14:00	.	LUNCH
14:00-17:00	FE-2,FE-4	Weekly Housekeeping
14:00-14:05	FE-3	On MCC Go ISS repress using oxygen from Progress CPГK (term)
14:00-14:10	CDR	Terminate discharge of Orlan's 3 rd 825M3 battery and remove from discharging unit
14:05-14:45	FE-3	COЖ maintenance. <i>Flush Counter (CП), Water Supply System (CBO), and POTOK Air Purification System Data Calldowns for Service Module and FGB</i> <i>Inspection of CM-Y connector on MHP-HC separator pump behind ACY panel 139 for any moisture</i> <i>Elektron Liquid Unit Repress</i>
14:40-14:55	FE-5	Private Family Conference <i>Ku+S-band</i>)
15:10-15:25	FE-1	Private Family Conference (<i>Ku+S-band</i>)
15:10-16:40	FE-5	Physical Exercise (ARED)
15:30-16:30	CDR	Physical Exercise (VELO) – Day 4
15:40-16:40	FE-1	Physical Exercise (CEVIS)
16:35-17:35	FE-3	Physical Exercise (VELO) – Day 4
16:40-18:10	FE-1	Physical Exercise (ARED)
16:40-17:40	FE-5	Physical Exercise (CEVIS)
17:35-18:05	FE-3	Hygiene procedures following physical exercise
17:50-18:05	FE-4	Private Family Conference (<i>Ku+S-band</i>)
17:55-18:05	FE-5	Rack cable jumper installation
18:05-18:50	CDR, FE-2, FE-3, FE-4, FE-5	Work Prep

18:10-18:50	FE-1	Work Prep
18:50-19:15		Daily Planning Conference (<i>S-band</i>)
19:15-19:30		Work Prep
19:30-21:30		Pre-sleep (dinner, daily food prep, prep for sleep)
21:30-06:00		SLEEP
Task list	CDR	EKON. Observation and photography
		URAGAN. Observation and photography

Notes:

1. Window No. 9 shutter opening is at crew discretion with **Report to MCC**
2. See OSTP for references to US activities

End of radiogram