

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:00-10:30	FE-2	Physical Exercise (TVIS + BUNGEE CORD)
09:20-09:30	FE-1	Removal of earlier installed Formaldehyde Monitoring Kit (FMK)
10:30-12:00	FE-1	Physical Exercise (TVIS)
12:00-13:30	CDR	Physical Exercise (TVIS) day 2
12:00-13:00	FE-1	Physical Exercise (RED)
13:00-13:15	FE-2	Private Family Conference (<i>Ku + S-band</i>)
13:20-13:30	FE-1	Start EMU METOX Regeneration
13:30-14:30	.	LUNCH
14:30-14:35	FE-2	On MCC Go ISS O2 repress from Progress 356 CpПК (start)
15:30-15:35	FE-2	ISS O2 repress from Progress 356 CpПК (terminate)
15:35-16:05	CDR	COЖ Maintenance.
16:00-17:00	FE-2	Physical Exercise (RED)
16:05-17:05	CDR	Physical Exercise (VELO + Force Loader-1) day 2
16:10-16:25	FE-1	Private Psychological Conference (<i>Ku+S-band</i>)
17:00-17:35	FE-2	Filling contingency water containers
18:15-18:50	.	Evening work prep
18:50-19:05	.	Daily Planning Conference (<i>S-band</i>)
19:05-19:30	.	Evening work prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	CDR,FE-2	Pre-sleep
20:30-21:15	FE-1	Pre-sleep
21:00-21:15	FE-1	Private Family Conference (<i>Ku + S-band</i>)
21:15-21:30	FE-1	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	Search for Converter-Amplifiers [БПУ] Beta-8 #61 and #63
		PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank
		URAGAN. Observation and photography
		DIATOMEA. World Ocean observations
		MATRYOSHKA. MOSFET-dosimeter reading

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