

CREW OFF DUTY. WEEKLY HOUSEKEEPING

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-09:00	CDR	Weekly housekeeping (Crew quarters 1 and 2 air duct cleaning, damper installation)
07:30-10:30	FE-1, FE-2	Weekly Housekeeping
09:00-09:15	CDR	Regeneration of БМП (Trace Contaminant Control Subassembly) Absorption Cartridge Φ1 (start)
09:15-10:45		Weekly housekeeping (Crew quarters 1 and 2 air duct cleaning, damper installation)
10:30-12:00	FE-2	Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS)
11:45-13:15	CDR	Physical Exercise (TVIS) day 1
12:15-12:30	FE-1	Private Psychological Conference (<i>Ku + S-band</i>)
13:00-13:15		ALTEA file transfer and ALTEA dosimeter activation
13:20-13:50		Weekly Planning Conference (<i>S-band</i>)
14:10-15:10		LUNCH
15:10-15:40	FE-1, FE-2	SAFER test
16:25-16:55	CDR	COЖ maintenance
16:30-16:45	FE-2	Private Psychological Conference (<i>Ku + S-band</i>)
17:30-18:30		Physical Exercise (TVIS) day 3
18:10-19:10	FE-1	Physical Exercise (RED)
18:30-19:30	CDR	Physical Exercise (TVIS) day 1
19:10-19:25	FE-1	Questionnaire - journal entry (FE-1)
19:25-19:30		Transferring TVIS, RED, and HRM data to MEC
19:30-20:00		DINNER
20:00-20:15	CDR	Regeneration of БМП Absorption Cartridge Φ1 (terminate)
20:00-20:30	FE-1,FE-2	Daily food prep
20:15-20:30	CDR	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	STATOKONIA. APT temperature check
		PLANTS-2. Recharging water tank

Note: See OSTP for references to US activities.

End of Radiogram