

SCIENCE EXPERIMENTS. CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:35	FE-2	Post-sleep
06:10-06:40	CDR,FE-1	
06:35-06:40	FE-2	SKIN. Cream application to the arm
06:40-07:35	FE-2	BREAKFAST
06:40-07:30	CDR,FE-1	
07:35-10:35	FE-2	Weekly housekeeping (SM, FGB ventilation system preventive maintenance. Replacement of dust filters ПФ1-4 in SM (FGB_224_1, bags #352-14, 353-22, 354-5); ПС1, 2 in FGB (FGB_224_1, bag #353-8 or FGB_226_1, bag #351-3))
07:30-09:30	FE-1	Prepare FGB for Soyuz TMA-9 Relocation
07:30-10:30	CDR	Weekly Housekeeping
09:30-10:30	FE-1	
10:30-12:00	FE-1	Physical Exercise (TVIS), day 3
10:30-10:45	CDR	Reboot all PCS (weekly)
12:00-13:00	FE-2	Physical Exercise (TVIS), day 3
12:15-12:35	FE-1	Private Family Conference (<i>S+Ku-band</i>)
13:00-13:30	.	Weekly planning conference (<i>S-band</i>)
13:30-14:30	.	LUNCH
15:35-15:50	FE-2	Private psychological conference (<i>Ku + S-band</i>)
16:00-17:00	CDR	Physical Exercise (RED)
17:00-18:30	CDR	Physical Exercise (TVIS)
17:55-19:25	FE-2	Physical Exercise (RED)
18:00-18:30	FE-1	COЖ Maintenance
18:30-19:30	FE-1	Physical Exercise (VELO + Load Trainer-1) day 3
19:15-19:45	CDR	Daily food prep
19:25-19:30	FE-2	Transfer TVIS, RED, HRM, and CEVIS data to MEC
19:30-20:00	FE-1,FE-2	Daily food prep
19:45-20:15	CDR	DINNER
20:00-20:30	FE-1,FE-2	
20:15-21:15	CDR	Pre-sleep
20:30-21:30	FE-1,FE-2	
21:15-21:30	CDR	Questionnaire - journal entry
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities.

End of Radiogram