

HOUSEKEEPING. CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR, FE-1	Weekly Housekeeping Cleaning Fan B3 grilles in DC1, grilles in ВПpK, ВПxO, and ЦB2 grille in FGB
07:30-10:30	FE-2	Weekly Housekeeping
10:30-11:30	FE-2	Physical Exercise (RED)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 3
11:40-12:00	CDR	Private Family Conference (S + Ku-band)
12:00-12:15	FE-2	EPO - Plant Photos
12:10-13:10	CDR	Physical Exercise (VELO+RED), Day 3
12:15-12:30	FE-2	Questionnaire - journal entry
12:30-12:45	FE-2	Familiarization with the SAME experiment system check
12:45-12:55	FE-2	Video set up for the SAME experiment
12:45-13:05	FE-1	Private Family Conference (S + Ku-band)
13:10-13:40		Weekly planning conference (S-band)
13:40-14:40		LUNCH
14:40-15:20	FE-1	COЖ maintenance
14:40-14:55	FE-2	Food frequency questionnaire
14:55-15:55	FE-2	The SAME experiment. Leak check
16:00-17:30	CDR	Physical Exercise (TVIS), Day 3
16:35-16:55	FE-2	The SAME experiment. Leak check
17:15-18:15	FE-1	Physical Exercise (VELO+RED), Day 3
17:30-17:50	FE-2	Carousel set up for the SAME experiment samples
17:35-17:45	CDR	History photo of the SAME experiment.
17:55-19:25	FE-2	Physical Exercise (TVIS)
19:25-19:30	FE-2	Transfer TVIS/RED/CEVIS/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	FE-1	GCF-JAXA. TBY temperature monitoring (in the morning)
		ECON. Observations and photography
	CDR	URAGAN. Observation and photo

Note: See OSTP for references to US activities.

End of Radiogram