

**WEEKLY HOUSEKEEPING**

GMT	CREW	ACTIVITY
06:00-06:10	CDR,FE-1	Morning inspection
06:00-06:05	FE-2	SLEEP - data logging
06:05-06:10	FE-2	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:15	CDR	Weekly Housekeeping
07:30-09:50	FE-1	
07:30-10:30	FE-2	
08:15-08:30	CDR	Private Psychological Conference ( <i>VHF</i> )
08:30-10:45	CDR	Weekly Housekeeping
09:50-10:05	FE-1	Private Psychological Conference ( <i>VHF</i> )
10:05-10:45	FE-1	Weekly Housekeeping
10:30-11:30	FE-2	Physical Exercise (RED)
10:45-12:15	CDR	Physical Exercise (TVIS), day 1
12:00-13:00	FE-1	Physical Exercise (VELO+RED)-1
12:00-12:30	FE-2	CFE - Hardware Setup
13:00-14:00	.	LUNCH
14:00-14:30	.	Weekly Planning Conference ( <i>S-band</i> )
14:30-15:00	FE-1	COX Maintenance
14:30-15:15	FE-2	Surface sampling, analysis (T+5)
15:15-15:30	FE-2	Private family conference ( <i>S + Ku-band</i> )
15:30-16:30	CDR	Physical Exercise (VELO+RED)-1
15:45-17:25	FE-2	CFE – Experiment Ops ( <i>S+Ku-band during first 5 minutes of activity</i> )
16:25-17:55	FE-1	Physical Exercise (TVIS), day 1
17:25-17:55	FE-2	CFE - Teardown
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
<b>Task List</b>	CDR	URAGAN. Observations and photography
	FE-1	ECON. Observations and photography
		MATRYOSHKA-R. MOSFET-dosimeter readings ( <b>Stow MOSFET-dosimeter reader (010892R) at CM1PO_1_131 (near the work table)</b> )

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