

OFF-DUTY DAY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:00-08:05	FE-2	ACS CDMK CO2 read
08:05-10:05	CDR	Weekly housecleaning
08:05-11:05	FE-1, FE-2	
11:05-12:35	FE-1	Physical exercise (TVIS, day 1)
12:40-13:40	.	LUNCH
14:05-14:35	.	Weekly planning conference (S-band)
14:35-14:50	.	Program Director conference (S-band)
14:50-16:20	CDR	Physical exercise (RED)
15:05-16:05	FE-2	Physical exercise (CEVIS)
16:00-17:00	FE-1	Physical exercise (VELO + Load Trainer 1)
16:05-17:35	FE-2	Physical exercise (RED)
16:20-17:20	CDR	Physical exercise (CEVIS)
17:20-17:40	FE-1	Prep for Vozdukh maintenance
17:40-18:00		Maintenance of COX
17:20-17:50	CDR	US SODF changeout
17:35-17:40	FE-2	IMS auto import/export
17:40-17:45		ACS CDMK CO2 read
17:50-18:50	CDR	PCS hard drive install
18:50-19:30	CDR	TVIS/RED/CVIS data transfer 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

See OSTP for references to US activities.

End of radiogram