

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-11:00	FE-1	R&R of Replaceable Pump Panel 4СПН1 in thermal loop КОБ2 <i>Tagup w/specialists</i>
07:30-10:45	CDR	Start battery charge for US EVA tools
10:45-11:05		CD ROM changeout in PCS
11:05-11:20		SSC OCA router reboot
11:20-11:25		Carbon dioxide level check
11:25-11:30		
11:25-12:25	FE-1	Physical Exercise (VELO + Force Loader 1) day 2
11:30-13:00	CDR	Physical Exercise RED
12:25-12:40	FE-1	Private psychological conference (<i>VHF</i>)
13:00-14:00		LUNCH
14:55-15:15		ISS crew / Program management weekly conference (<i>S-band</i>)
17:00-18:30	FE-1	Physical Exercise (TVIS) day 2
17:10-18:10	CDR	Physical Exercise (CEVIS)
18:10-18:15		TVIS/RED/HRM data transfer to MEC
18:45-19:00		Daily planning conference (<i>S-band</i>)
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily ration prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities

End of radiogram