

**CREW OFF DUTY**

<b>GMT</b>	<b>CREW</b>	<b>ACTIVITY</b>
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:00-10:00	FE-1	Elektron R&R. Tagup with specialists ( <i>S-band</i> )
10:25-11:25	CDR	Physical exercise (TVIS)
11:25-12:55	CDR	Physical exercise (RED)
11:30-13:00	FE-1	Physical exercise (TVIS), day 3
12:55-13:00	CDR	Transfer TVIS, RED, and HRM data to MEC.
13:00-14:00	.	LUNCH
14:00-14:05	CDR	Mass Constituents Analyzer (MCA) valve open
14:10-14:20	CDR	PAO hardware setup
14:20-14:30	.	Crew PAO prep
14:30-14:40	.	ISS crew greetings on the 10th Anniversary of the RF Chamber of Accounts. ( <i>S+Ku-band</i> )
15:20-15:25	CDR	Mass Constituents Analyzer (MCA) valve close
16:40-17:40	FE-1	Physical exercise (VELO+Load Trainer/Cycle 1), day 3
17:00-17:30	CDR	COX maintenance
17:40-18:10	.	Daily plan review
18:10-18:25	.	Daily planning conference ( <i>S-band</i> )
19:00-19:30	.	Report prep
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	NEUROCOG

**Note:** See OSTP for references to US activities.

End of Radiogram