

CREW OFFDUTY

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly station housekeeping
11:15-12:30	FE-1	Physical exercise
11:30-12:30	CDR	Physical exercise ((VELO + Load Trainer-1 / Day 1)
12:30-13:30		LUNCH
13:40-13:55		Weekly planning conference (<i>S-band</i>)
14:45-15:05		Weekly ISS crew and Program Managers tagup (<i>S-band</i>)
15:22-15:37	FE-1	PFC (<i>Ku+S-band</i>)
16:18-16:33	CDR	
17:00-17:30	FE-1	Reboot of all PCS (once a week)
17:20-18:00	CDR	COX maintenance
17:30-17:35	FE-1	Automatic file import/export in IMS
18:00-19:30	CDR	Physical exercise TVIS-1
18:15-19:30	FE-1	Physical exercise RED
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

Task List CDR: Search for spare cartridges -1M №108051, №108052 within БМП spares

FE-1: Unload and inventory of Progress M-48 cargo

End of Radiogram