

**CREW OFF-DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		Breakfast
07:30-10:30	CDR	Weekly housecleaning
08:00-10:30	FE-1	Test of Electron-VM
10:30-10:45		<b>On MCC go:</b> SFOG candle burning
12:00-13:00		Physical Exercise (VELO + Load Training/cycle1) day 3
13:00-14:00	.	LUNCH
14:00-14:15	FE-1	<b>On MCC go:</b> SFOG candle burning
14:30-15:00	.	Weekly planning conference ( <i>S-band</i> )
17:15-18:15	CDR	Physical Exercise (CEVIS)
17:20-17:35	FE-1	Private family conference ( <i>VHF</i> )
18:00-19:30		Physical Exercise (TVIS) day 3
18:15-19:30	CDR	Physical Exercise (RED)
19:30-20:00	.	Daily food prep
20:00-20:30		DINNER (RENAL: pill ingestion)
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	FE-1	URAGAN
		DIATOMEA
		ECON
		KROMKA

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

End of radiogram