

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-09:45		Weekly housekeeping
09:45-10:10		<b>TV downlink</b> 55th Birthday wishes to the Manager of the Baikonur launch site ( <b>To=09:45, T1, T2, T3 from CПП</b> )
10:30-10:35	FE-1	LAB window leak check
10:40-11:00		Conference with Program Management ( <i>S-band</i> )
11:00-12:30	CDR	Physical Exercise (TVIS+RED) day 2
12:30-13:30		LUNCH
13:30-14:00		Weekly planning conference ( <i>S-band</i> )
14:00-14:15	FE-1	PCS reboot (once a week)
14:15-14:20		OCA router reboot
14:40-15:10		EPO: procedure review
15:10-15:30		EPO: camcorder set up
15:20-15:35	CDR	Downlink of log-files from ECMM
15:45-16:00	FE-1	Questionnaire: journal entry
16:37-17:02		EPO: First aid demonstration ( <i>Ku + S-band</i> )
17:15-18:15	FE-1	Physical Exercise (CEVIS)
18:00-18:30	CDR	COX maintenance
17:00-18:15	FE-1	Physical Exercise (RED)
18:15-19:30	CDR	Physical Exercise (VELO + Force Loader/cycle 1) day 2
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	URAGAN
		DIATOMEA
		ECON
		KROMKA-1

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

End of radiogram