

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:30-12:00	CDR	Physical Exercise (TVIS)
12:00-13:00		Physical Exercise (RED)
12:00-13:30	FE-1	Physical exercise (TVIS), Day 4
13:25-13:30	CDR	On MCC GO ISS repress with O2 from Progress 354 CpПK (start)
13:30-14:30	.	LUNCH
14:30-14:35	CDR	ISS O2 repress from Progress 354 CpПK (terminate)
16:10-16:25		Private psychological conference (<i>Ku+S-band</i>)
18:00-18:30	FE-1	COЖ maintenance
18:30-19:30		Physical Exercise (VELO + RED) day 4
19:23-19:38	CDR	Private family conference (<i>Ku + S-band</i>)
19:38-20:00		DINNER
19:30-20:00	FE-1	
20:00-20:30	.	Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	GCF-JAXA. TBY temperature check

Note: See OSTP for references to US activities.
End of Radiogram