

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-07:50	FE-1	Renal Stone: urine collection (termination)
08:05-09:05	.	Conference on specifics of Progress docking. <i>Tagup with specialists (S-band)</i>
09:40-10:00	FE-1	Renal Stone: hardware stow
10:00-11:30		Physical Exercise (TVIS)
11:30-12:30		Physical Exercise (RED)
11:30-13:00	CDR	Physical Exercise (TVIS) Day 3
13:05-13:20		Private Psychological Conference (<i>VHF</i>)
13:20-14:20	.	LUNCH
14:20-14:50	CDR	COX maintenance
17:10-18:10		Physical Exercise (VELO + Load Trainer/Cycle 1), day 3
18:10-18:25	.	Daily Planning Conference (<i>S-band</i>)
18:30-19:30	.	Evening work prep
19:30-20:00	.	DINNER
20:00-20:09	FE-1	Daily food prep
20:09-20:24		Private Family Conference (<i>Ku + S-band</i>)
20:24-20:30		Daily Food Prep
20:30-21:30	.	Pre-sleep
21:30-09:00	.	SLEEP
Task List	CDR	MATRYOSHKA-R [MATPEШKA-P]. MOSFET-dosimeter reading
		Transferring photos from RSE1 Laptop

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