

CREW OFF DUTY

| GMT | CREW | ACTIVITY |
|-------------|------|---|
| 07:30-07:40 | | Morning inspection |
| 07:40-08:10 | | Post-sleep |
| 08:10-09:00 | | BREAKFAST |
| 11:55-12:55 | CDR | Physical Exercise (TVIS) |
| 12:55-14:25 | CDR | Physical Exercise (RED) |
| 13:00-14:30 | FE-1 | Physical Exercise (TVIS) day 1 |
| 14:25-14:30 | CDR | TVIS/RED/HRM data transfer to MEC |
| 14:30-15:30 | | LUNCH |
| 17:00-17:40 | CDR | TV config for Progress/Soyuz dock/undock downlink via Ku-band |
| 17:40-18:10 | | TV signal TEST for Ku-band downlink (<i>Ku-band</i>) |
| 18:10-18:20 | CDR | Photo/TV: Deactivation of A31P Laptop |
| 19:30-20:00 | FE-1 | COX maintenance |
| 20:00-21:00 | | Physical Exercise (VELO + Force Loader/ 1) day 1 |
| 20:45-21:00 | CDR | Daily food prep |
| 21:00-21:15 | | Private family conference (<i>S+ Ku-band</i>) |
| 21:00-21:30 | FE-1 | DINNER |
| 21:15-21:45 | CDR | |
| 21:30-22:00 | FE-1 | Daily food prep |
| 21:45-22:00 | CDR | |
| 22:00-23:00 | | Pre-sleep |
| 23:00-10:00 | | SLEEP |

Note: See OSTP for references to US activities

End of radiogram