

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:40-08:45	FE-1	HRF1 rack power down
08:45-10:15		Physical Exercise (TVIS)
10:00-11:30	CDR	Physical Exercise (TVIS), Day 3
10:15-10:25	FE-1	HRF1 - rack powerup
10:25-11:25		Physical Exercise (RED)
11:30-12:45	.	Post-EVA debrief. <i>Tagup with specialists (S-band) /</i>
12:45-13:15	CDR	ACH-M raw data prep for downlink via OCA. <i>Tagup with specialists as necessary (S-band)</i>
13:05-13:20	FE-1	Crew Discretionary Conference (<i>Ku +S-band</i>)
13:25-13:30		On MCC Go ISS O2 repress from Progress 355 CpПK (start)
13:30-14:30	CDR	LUNCH
13:30-13:50	FE-1	
13:50-13:55	FE-1	HAM radio session set up
13:55-14:05		HAM radio session
14:05-14:30		LUNCH
14:30-14:35		ISS O2 repress from Progress 355 CpПK (terminate)
14:30-15:00	CDR	COЖ maintenance
14:35-14:50	FE-1	LUNCH
15:40-15:45		EXPRESS Rack 4 Laptop power down
16:10-16:15		HRF1 - rack power down
16:20-16:25		EXPRESS Rack 4 Laptop power up
18:20-19:20	CDR	Physical Exercise (VELO+Load Trainer/Cycle 1), day 3
19:05-19:20	FE-1	Questionnaire - journal entry
19:20-19:25		O2 and CO2 monitoring
19:25-19:30		Transferring TVIS, RED, and HRM data to MEC
19:30-20:00	.	DINNER
20:00-20:30	.	Daily Food Prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	URAGAN. Observations and photography
		DIATOMEA. World ocean observations

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