

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	FE-1	Morning inspection. Check ACY CM-Y cnctr behind pnl 139 for moisture
	CDR	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:45-12:15	FE-1	Physical Exercise (TVIS), day 1
12:15-13:15	CDR	Physical Exercise (TVIS)
12:30-12:45	FE-1	Private psychological conference (VHF)
13:10-13:15		On MCC GO: ISS O2 repress from Progress 354 CpПK (Oxygen Supply Facility) (start)
13:15-14:15	.	LUNCH
14:15-14:20	FE-1	ISS O2 repress from Progress 354 CpПK (terminate)
15:45-16:15	CDR	COЖ maintenance (CBO, CP calldowns, БРПK inspection) / r/g 1482
15:45-16:45	FE-1	Physical Exercise (VELO + Force Loader /Cycle 1), day 1
16:20-16:35	CDR	Private psychological conference (S-band)
16:45-18:15		Physical Exercise (RED)
18:15-18:45	.	Daily plan review
18:45-19:00	.	Daily planning conference (S-band)
19:00-19:30	.	Report prep
19:30-20:00		DINNER
20:00-20:30	.	Daily food prep
20:30-20:45	CDR	Private family conference (Ku + S-band)
20:30-21:30	FE-1	Pre-sleep
20:45-21:30	CDR	
21:30-06:00	.	SLEEP
Task List	FE-1	CARDIOCOG. Copy data

Note: See OSTP for references to US activities.

End of Radiogram