

**CREW OFF-DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:05-10:20	FE-1	Camera set up before TVIS Exercise
10:20-11:50		Physical Exercise (TVIS)
11:50-11:55		TVIS Weekly Maintenance
11:55-12:55		Physical Exercise (RED)
11:55-13:25	CDR	Physical Exercise (TVIS) day 2
13:25-13:30		<b>On MCC Go</b> ISS O2 repress from Progress 355 CpПК (start)
13:30-14:30	.	LUNCH
14:30-14:35	CDR	ISS O2 repress from Progress 355 CpПК (terminate)
15:30-15:45	FE-1	Stow the camera used to film TVIS Exercise
15:50-16:20	CDR	COЖ maintenance
16:20-17:20		Physical Exercise (VELO + Force Loader-1) day 2
17:30-17:45	FE-1	Questionnaire - journal entry
17:45-17:50		BCAT-3: camera checkout.
18:05-18:10		O2 and CO2 monitoring
18:10-18:15		Transferring TVIS, RED, and HRM data to MEC
18:15-18:35		Evening work prep
18:35-18:50		Daily Planning Conference ( <i>S-band</i> )
18:50-19:30		Evening work prep
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	EDT. Experiment ops
		Photography of failed cable and RSK1 Laptop

See OSTP for references to US activities.

End of Radiogram