

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:35-08:45	CDR	Hardware setup/prep for TV greetings
08:45-08:55	CDR, FE (discretionary)	TV greetings on the 45 th Anniversary of Y.A. Gagarin space flight (<i>Ku+S-band</i>)
08:45-08:55	FE-1	EXPRESS 4 Laptop power down
10:00-12:00	CDR	ETD. Review the procedure and run the experiment
10:25-11:55	FE-1	Physical Exercise (TVIS)
11:55-12:00	FE-1	TVIS Weekly Maintenance
12:00-13:30	CDR	Physical Exercise (TVIS) Day 1
12:00-13:00	FE-1	Physical Exercise (RED)
13:30-14:30	.	LUNCH
16:45-17:15	FE-1	COX maintenance
17:15-18:15	CDR	Physical Exercise (VELO + Force Loader 1) day 1
17:50-17:55	FE-1	O2 and CO2 monitoring
17:55-18:10	FE-1	Questionnaire - journal entry
18:10-18:15	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:15-18:30	.	Evening work prep
18:30-18:45	.	Daily Planning Conference (<i>S-band</i>)
18:45-19:30	.	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
Task List	CDR	KROMKA 1-3. Photography

Note: See OSTP for references to US activities.

End of Radiogram