

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
11:10-11:30		ISS crew / Program management weekly conference (<i>S-band</i>)
11:30-13:00	FE-1	Physical Exercise (TVIS) day 4
12:30-13:00	CDR	P/L OBT Miscible fluids in microgravity
13:00-14:00		LUNCH
14:00-14:15	CDR	Miscible fluids in microgravity P/L familiarization
14:35-15:05		Weekly planning conference (<i>S-band</i>)
15:10-15:25	CDR	Crew tagup on Miscible fluids in microgravity P/L (<i>S-band</i>)
15:45-17:15	CDR	Physical Exercise (RED)
16:45-17:15	FE -1	COX maintenance
17:15-18:15	FE -1	Physical Exercise (БЕЛО+HC-1) day 4
17:15-18:15	CDR	Physical Exercise (CEVIS)
18:15-18:20	CDR	TVIS, RED, and HRM transfer 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	FE-1	Copying БСНН data to flash card via ISS Wiener
		URAGAN

Note: See OSTP for references to US activities

End of radiogram