

**Maneuver from XPOP to LVLH. Crew Off-Duty.**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
08:30-11:30	.	Weekly housekeeping
11:30-12:30	FE-1	Physical Exercise (VELO + Force Loading / cycle 1) day 3
12:30-13:30	.	LUNCH
13:45-14:15	.	WPC ( <i>S-band</i> )
14:30-14:45	FE-1	PFC ( <i>VHF- home telephone</i> )
14:45-15:05	.	ISS crew / Program Management weekly conference ( <i>S-band</i> )
15:55-16:55	CDR	Physical Exercise (CEVIS)
16:55-18:10	CDR	Physical Exercise (RED)
17:30-19:00	FE-1	Physical Exercise (TVIS) day 3
19:00-19:30	FE-1	COX maintenance
19:30-20:00	.	DINNER. (RENAL: pill ingestion)
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	Equipment search
		Stamping and autographing commemorative items
		RASTENIYA. Canister water top off

See OSTP for references to US activities

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