

Crew Off Duty

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–08:00	CDR	Teardown of Progress/SM water transfer config
07:30–10:30	FE-1	Weekly housecleaning
08:00–10:30	CDR	
10:30–11:30	CDR	Physical exercise (VELO + Load Trainer 1 / day 4)
11:25–12:40	FE-1	Physical exercise (TVIS)
12:40–13:40		LUNCH
13:40–14:10		Weekly planning conference (<i>S-band</i>)
14:20–14:25	FE-1	IMS auto import/export
14:30–14:50	CDR	Maintenance of COX
18:00–19:15	FE-1	Physical exercise (RED)
18:00–19:30	CDR	Physical exercise (TVIS-4)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

See OSTP for references to US activities.

Task List: CDR: PULSE

Cleanup of hard disk D in Laptop TP1

End of radiogram