

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection <b>(Do not reboot Laptop RS3 at Work Site 1)</b>
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly Housekeeping
10:30-12:00	CDR	Physical Exercise (CEVIS)
11:45-13:15	FE-1	Physical Exercise (TVIS), Day 4
12:00-13:00	CDR	Physical Exercise (RED)
13:15-13:45		Weekly Planning Conference ( <i>S-band</i> )
13:45-14:45		LUNCH
15:00-15:20	FE-1	Private conference with friends ( <i>Ku + S-band</i> )
16:00-16:05	CDR	Setting up HAM radio
16:05-16:15	CDR	HAM radio session
16:30-16:45	CDR	Private family conference ( <i>Ku + S-band</i> )
18:00-18:30	FE-1	COX maintenance
18:30-19:30	FE-1	Physical Exercise (VELO+RED) day 4
19:20-19:25	CDR	Oxygen and CO2 status check
19:25-19:30	CDR	Transferring TVIS, RED, and HRM data 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
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Recharging water tank
		STATOKONIA. APT temperature check

**Note:** See OSTP for references to US activities.

End of radiogram