

**CREW OFF DUTY**

| GMT              | CREW | ACTIVITY   |
|------------------|------|--|
| 06:00-06:10      |      | Morning inspection   |
| 06:10-06:40      |      | Post-sleep   |
| 06:40-07:30      |      | BREAKFAST  |
| 08:30-08:45      | CDR  | Renal Stone: diet log  |
| 09:55-11:25      |      | Physical Exercise (TVIS + CEVIS)   |
| 11:25-12:55      | FE-1 | Physical Exercise (TVIS), day 1  |
| 12:00-13:00      | FE-2 | Physical Exercise (RED)  |
| 12:55-13:00      | FE-1 | <b>On MCC Go</b> ISS O2 repress from Progress 357 CpПK (start)   |
| 13:00-14:00      | .    | LUNCH  |
| 14:00-14:05      | FE-1 | ISS O2 repress from Progress 357 CpПK (terminate)  |
| 14:05-14:35      |      | Photo of a scuff mark left by the Active Docking Mechanism Pin on the DC1 Passive Mechanism Receiving Cone |
| 14:30-14:35      | FE-2 | HAM radio setup  |
| 14:35-14:45      |      | HAM radio session  |
| 14:35-14:45      | FE-1 | Downlink of docking cone internal surface photos (via OCA)   |
| 15:30-17:00      | FE-2 | Physical Exercise (TVIS)   |
| 16:15-17:15      | CDR  | Physical Exercise (RED)  |
| 17:00-17:30      | FE-2 | COЖ Maintenance  |
| 17:00-18:00      | FE-1 | Physical Exercise (VELO + RED) day 1   |
| 17:15-17:30      | CDR  | Private Family Conference ( <i>S + Ku-band</i> )   |
| 17:30-17:35      | FE-2 | HAM radio setup  |
| 17:35-17:45      |      | HAM radio session  |
| 17:40-17:50      | CDR  | Questionnaire - journal entry  |
| 17:50-17:55      | FE-2 | Payload status check   |
| 17:55-18:10      |      | Questionnaire - journal entry  |
| 17:55-18:15      | CDR  | Renal Stone: hardware setup  |
| 18:10-18:15      | FE-2 | Transfer TVIS/RED/CEVIS/HRM data to MEC  |
| 18:15-18:45      |      | Report prep  |
| 18:45-19:00      |      | Daily Planning Conference ( <i>S-band</i> )  |
| 19:00-19:30      |      | Report prep  |
| 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 | DIATOMEA. World Ocean Observations   |

**Note:** See OSTP for references to US activities.  
End of Radiogram