

**LBNP EXERCISE (PRELIMINARY). CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:15-10:10	FE -1, CDR-assists	LBNP Exercise (PRELIMINARY). <b>To=09.35.</b> <i>Tagup with specialists (VHF, S-band backup)</i>
10:10-11:10	FE -1	Equipment prep for return on Soyuz
10:30-12:00	CDR	Physical Exercise TVIS
12:00-13:00		Physical Exercise RED
13:00-14:00	.	LUNCH
15:30-15:45	CDR	Private psychological conference ( <i>S-band</i> )
15:30-16:00	FE -1	COX maintenance
16:00-17:30		Physical exercise (TVIS), Day 4
17:40-17:55	.	DPC ( <i>S-band</i> )
17:55-18:25		Daily plan review
18:50-18:55	CDR	O2 and CO2 monitoring
18:55-19:00		Lab window cover closure
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	GCF-JAXA. TBY temperature check
		PLANTS-2. Payload status check
		Extending air duct in Soyuz

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

End of radiogram