

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:30-12:00	CDR	Physical Exercise (TVIS)
11:50-12:00	FE-1	Downlink Progress Air Duct Video
12:00-13:00	CDR	Physical Exercise (RED)
12:00-13:30	FE-1	Physical Exercise (TVIS), day 2
13:30-14:30	.	LUNCH
14:55-15:10	FE-1	Private psychological conference ( <i>VHF</i> )
16:30-16:45	CDR	Private psychological conference ( <i>Ku+S-band</i> )
16:45-17:15	FE-1	COX maintenance
17:15-18:15	FE-1	Physical Exercise (VELO+RED) day 2
17:35-18:05	CDR	Daily plan review
18:05-18:10	CDR	Deactivating TVIS power circuit breaker.
18:10-18:15	CDR	O2 and CO2 status check.
18:15-18:30	.	Daily planning conference ( <i>S-band</i> )
18:30-18:45	CDR	Private family conference ( <i>Ku + S-band</i> )
18:30-19:00	FE-1	Daily plan review
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
		STATOKONIA. APT temperature check
		SM ПxO and DC1 reconfig to initial state after EVA.
		DC1 comm config

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

End of Radiogram