

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:40-11:40	CDR	Physical Exercise (TVIS)
11:40-13:10		Physical Exercise (RED)
11:40-13:10	FE-1	Physical exercise (TVIS), day 4
13:10-14:10	.	LUNCH
14:40-15:00	FE-1	Private family conference (<i>Ku + S-band</i>)
16:30-16:45	CDR	Private psychological conference (<i>Ku+S-band</i>)
16:45-17:45	FE-1	Physical exercise (VELO+Load Trainer/Cycle 1), day 4
17:45-18:15		COX maintenance
18:15-18:30	.	Daily planning conference (<i>S-band</i>)
18:30-19:00	.	Daily plan review
19:00-19:30	.	Report prep
19:30-19:42	CDR	Daily food prep
19:30-20:00	FE-1	
19:42-19:57	CDR	Private family conference (<i>Ku+S-band</i>)
20:00-20:30	.	DINNER
20:30-21:15	CDR	Pre-sleep
20:30-21:30	FE-1	
21:15-21:30	CDR	Private family conference (<i>Ku+S-band</i>)
21:30-06:00	.	SLEEP
Task List	FE-1	PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank
		ECON. Observation and photo imagery
		DIATOMIA. World ocean observations
		KROMKA. Photo imagery
		Copy data from the Payload Server [БСПН] to a flash card using ISS WIENER

Note: See OSTP for references to US activities.

End of Radiogram