

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR,FE-2	Weekly housecleaning
07:30-10:05	FE -1	
10:05-10:20		Private psychological conference (VHF)
10:30-11:00	CDR	CWC fill
11:00-12:00		Physical exercise (CEVIS)
11:30-12:30	FE -1	Physical exercise (VELO + Load Trainer-1 / day 1)
12:00-12:10	CDR	US LAB payload status check
12:30-13:30		LUNCH
14:00-14:30		Weekly planning conference ( <i>S-band</i> )
14:30-15:10	FE -1	Maintenance of COЖ
14:40-14.55	FE -2	Private family conference ( <i>S-band</i> )
16:15-16:30	FE -1	
16:30-18:00	CDR	Physical exercise (RED)
16:40-18:10	FE -1	Physical exercise (TVIS-1)
17:00-18:00	FE -2	Physical exercise (CEVIS)
18:00-19:30		Physical exercise (RED)
19:05-19:20	CDR	Private family conference ( <i>S-band</i> )
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

**Note:** See OSTP for references to US procedures

End of radiogram