

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:25-11:55	CDR	Physical Exercise (TVIS)
11:55-12:55	CDR	Physical Exercise (RED)
11:55-13:25	FE-1	Physical Exercise (TVIS) Day 4
13:25-13:30	FE-1	On MCC GO: ISS O2 repress from Progress 354 CpПK (Oxygen Supply Facility) (start)
13:30-14:30	.	LUNCH
14:30-14:35	FE-1	ISS O2 repress from Progress 354 CpПK (terminate)
14:45-14:55	CDR	FMK stow
15:30-15:45	CDR	Private psychological conference (<i>S-band</i>)
16:45-17:15	FE-1	COЖ maintenance.
17:15-18:15	FE-1	Physical Exercise (VELO+RED) day 4
18:15-18:45	.	Daily plan review
18:45-19:00	.	Daily planning conference (<i>S-band</i>)
19:00-19:30	.	Report prep
19:30-20:00	.	DINNER
20:00-20:15	CDR	Daily food prep
20:00-20:30	FE-1	Daily food prep
20:15-20:30	CDR	Private family conference (<i>Ku+S-band</i>)
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1	Search for Lazio hardware

Note: See OSTP for references to US activities.

End of Radiogram