

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:40	FE-1	Laptop1 battery cycling
09:40-09:45	FE-1	Laptop1 battery cycling
10:05-10:20		Ham radio session with Star City school children
10:20-11:50	CDR	Physical Exercise (TVIS)
11:45-11:55	FE-1	Laptop1 battery cycling
11:50-12:50	CDR	Physical Exercise (RED)
11:55-13:25	FE-1	Physical exercise (TVIS), Day 1
13:00-13:15	CDR	ODF procedure printout
13:25-13:30	FE-1	On MCC GO: ISS O2 repress from Progress 354 CpПК (Oxygen Supply Facility) (start)
13:30-14:30		LUNCH
14:30-14:35	FE-1	ISS O2 repress from Progress 354 CpПК (terminate)
15:55-16:25	FE-1	COЖ maintenance
16:00-16:15	CDR	Private family conference (<i>Ku + S-band</i>)
16:25-17:25	FE-1	Physical Exercise (VELO+RED) day 1
17:25-17:30	CDR	Transfer TVIS, RED, and HRM data to MEC
17:30-18:00		Daily plan review
18:00-18:15		Daily planning conference (<i>S-band</i>)
18:15-18:45		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
Task List	FE-1	ECON. Observation and photo imagery

Note: See OSTP for references to US activities.

End of radiogram