

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	Discharge of Orlan 2 nd 825M3 unit
07:40-10:40		Weekly housekeeping
11:15-12:45	FE-1	Physical Exercise (TVIS) day 3
12:45-13:45		LUNCH
13:45-14:15		Daily planning conference (<i>S-band</i>)
14:25-14:40	CDR	Training on Biotechnology Experiment - Study of Fluid Dynamics
14:45-16:15	CDR	Biotechnology Experiment: Study of Fluid Dynamics
16:30-16:45	CDR	Crew tagup on Biotechnology Experiment - Study of Fluid Dynamics (<i>S-band</i>)
16:55-18:25	CDR	Physical Exercise (RED)
17:55-18:25	FE-1	COX maintenance
18:25-19:25	FE-1	Physical Exercise (VELO + Force Loading/ cycle 1) day 3
18:25-19:25	CDR	Physical Exercise (CEVIS)
19:25-19:30	FE-1	Discharge of Orlan 2 nd 825M3 unit (terminate)
19:25-19:30	CDR	TVIS/RED/HRM data transfer to MEC
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	Downlink of ROKVISS experiment system data via ISS Wiener

Note: See OSTP for references to US activities

End of radiogram