

**Crew Off Duty**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:55-11:00	FE -1	RASTENIYA-2. Hardware status monitoring
11:00-12:30		Physical Exercise (TVIS) day 4
12:30-13:30	.	LUNCH
13:30-13:40	CDR	End of EMU battery charge/discharge
13:40-13:45		Soyuz 7 payload status check (Increment 8)
		Ham Radio equipment set up
14:25-14:30		
14:30-14:40		Ham Radio Session
14:45-15:15	.	Prep for TVIS maintenance conference ( <i>S-band</i> )
15:40-15:55	CDR	ISS crew/Flight control management conference ( <i>S-band</i> )
15:55-16:10		Crew conference on P/L experiments ( <i>S-band</i> )
15:45-16:00	FE -1	Private family conference (VHF, home phone)
16:10-18:25	CDR	Physical Exercise (TVIS + RED)
16:45-17:45	FE -1	Physical Exercise (VELO + Force Loader/ cycle 1) day 4
17:45-18:15		COЖ maintenance
18:15-18:30		Daily plan review
18:30-18:45	.	Daily planning conference ( <i>S-band</i> )
18:45-19:00	.	Daily plan review
19:00-19:30	.	Report prep
19:30-20:00	.	DINNER. Pill ingestion (Renal).
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE -1	Equipment search

Note: See OSTP for references to US activities

End of radiogram