

Crew Off Duty. Weekly Housekeeping

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-10:30	.	Weekly housekeeping
10:30-10:50	.	ISS crew / Program management weekly conference (<i>S-band</i>)
11:00-12:00	CDR	Physical Exercise (TVIS) day 1
12:00-12:30	CDR	Physical Exercise (RED) day 1
12:30-13:30	.	LUNCH
13:35-14:05	.	Weekly planning conference (<i>S-band</i>)
15:45-16:05	FE-1	MFMG
16:05-16:15	FE-1	Equipment stow after MFMG ops
16:15-16:30	FE-1	PPC (<i>S-band</i>)
16:45-17:00	FE-1	Questionnaire: journal entry
17:00-18:30	FE-1	Physical exercise – RED
18:00-18:30	CDR	COX maintenance
18:30-19:30	CDR	Physical exercise (VELO+Force Loader-1) – day 1
18:30-19:30	FE-1	Physical exercise - CEVIS
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	CDR	BCPH data copying to flash card via ISS Wiener
		ETD. Experiment ops
		Diatomea
		Econ
		Questionnaire: journal entry

Note: See OSTP for references to US activities
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