

Housekeeping and crew off duty

GMT	CREW	ACTIVITY
13:00-13:10		Morning inspection
13:10-13:40		Post-sleep
13:40-14:30		BREAKFAST
14:30-14:40	CDR	Changeout of PromISS tape (15)
14:30-15:45	FE-1	Weekly Housekeeping
14:40-15:45	CDR	
15:45-16:15		Weekly planning conference (<i>S-band</i>)
16:15-18:10	CDR	Weekly Housekeeping
16:15-18:00	FE-1	
19:00-20:00	CDR	Physical exercise (RED)
19:00-20:30	FE-1	Physical exercise (TVIS), day 3
20:30-21:30		LUNCH
21:40-21:55	FE-1	Motorola phone charging: setup, start charge
22:10-22:15		Motorola phone charging - status check
22:30-22:35		Motorola phone charging - status check
22:50-22:55		Motorola phone charging - status check
23:00-23:30	CDR	COX maintenance
23:10-23:20	FE-1	Motorola phone charging - terminate charging, cleanup
23:25-23:35		TV downlink to show SM(DC1)-to-Progress interface (<i>Ku-band</i>)
23:35-23:40	CDR	Installing SLD to checkout
23:40-01:10		Physical exercise (TVIS)
01:10-01:15		Transferring TVIS, RED, and HRM data to MEC
01:15-01:20		CSA O2/CO2 status check
01:15-02:15	FE-1	Physical Exercise (VELO + RED) day 3
02:30-03:00		DINNER
03:00-03:30		Daily food prep
03:30-04:30		Pre-sleep
04:30-13:00		SLEEP
Task list	FE-1	GCF-JAXA. TBY incubator temperature check
		STATOKONIA. APT temperature check

Note: See OSTP for references to US activities.

End of Radiogram