

CREW OFF DUTY

GMT	CREW	ACTIVITY
04:00-04:10	.	Morning inspection
04:10-04:40	.	Post-sleep
04:40-05:30	.	BREAKFAST
07:50-09:20	CDR	Physical Exercise (CEVIS)
07:50-09:20	FE-1	Physical Exercise (TVIS) day 3
08:20-09:20	FE-2	Physical Exercise (RED)
09:20-10:20		LUNCH
10:25-10:40	FE-1	Private Psychological Conference (<i>VHF</i>)
10:50-11:20		Filling EDV [KOB] (separation) for Elektron
11:20-11:50		COЖ Maintenance (CBO, CП counter calldowns)
11:50-12:50		Physical Exercise (VELO+RED) day 3
12:20-13:50	FE-2	Physical Exercise (TVIS)
12:50-13:50	CDR	Physical Exercise (RED)
13:50-14:00	FE-2	Terminate EMU METOX Regeneration
14:00-14:10		Start EMU Metox Regeneration
14:05-14:25	CDR	Private Family Conference (<i>Ku + S-band</i>)
14:10-14:20	FE-2	Terminate BSA battery charge
14:15-15:15	FE-1	Evening work prep
14:25-14:40	FE-2	Private Family Conference (<i>Ku + S-band</i>)
14:25-15:15	CDR	Evening work prep
14:40-15:15	FE-2	Evening work prep
15:15-15:30		Daily Planning Conference (<i>S-band</i>)
15:30-16:00		Daily food prep
16:00-16:30		DINNER
16:30-17:30	CDR,FE-1	Pre-sleep
16:30-16:45	FE-2	
16:45-17:00		Private Family Conference (<i>Ku + S-band</i>)
17:00-17:30		Pre-sleep
17:30-02:00		SLEEP
Task List	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		Plants-2. Payload status check
		Plants-2. Recharging water tank
		MATRYOSHKA-R. Checking sensor data on the reader

Note: See OSTP for references to US activities.**End of Radiogram**