

**OFF DUTY**

| 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  |
| 10:30-11:00      | CDR  | ACH-M raw data prep for OCA downlink. <i>Tagup as necessary (S-band)</i> |
| 10:30-10:40      | FE-1 | Photo/TV cue cards printout  |
| 10:40-12:10      |      | Physical Exercise (CEVIS)  |
| 11:30-13:00      | CDR  | Physical Exercise (TVIS) day 3   |
| 12:10-13:10      | FE-1 | Physical Exercise (RED)  |
| 13:10-13:40      |      | Weekly planning conference ( <i>S-band</i> )                             |
| 13:40-14:40      |      | LUNCH  |
| 14:40-15:10      | CDR  | COЖ maintenance ( <i>Inspection of БРПК separator</i> )                  |
| 15:10-15:30      |      | ISS Crew / Kent Rominger tagup (Astronaut Office) ( <i>S-band</i> )      |
| 15:30-17:10      | FE-1 | HRF Rack 1 - reconfig, part 2  |
| 18:20-19:20      | CDR  | Physical Exercise (VELO + Load Trainer/Cycle 1), day 3                   |
| 19:20-19:25      | FE-1 | O2 and CO2 monitoring  |
| 19:25-19:30      |      | Transferring TVIS, RED, and HRM data 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  |
| <b>Task List</b> | CDR  | STATOKONIA. APT temperature check  |
|                  |      | URAGAN   |
|                  |      | KUBIK2. Transfer data to a return memory card                            |
|                  |      | PULSE. Laptop checkout   |

**Note:** See OSTP for references to US activities.

End of Radiogram