

**CREW 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	FE-1	Weekly Housekeeping Cleaning DC1 B3 and FGB LJB2 ventilation screens. Status of panel 407 structural elements and SKV2 components (panels 404, 405)
	CDR, FE-2	Weekly Housekeeping
10:55-11:15	CDR, FE-2	ESA / ISS Crew Conference on Columbus ( <i>S-band</i> )
11:30-13:00	FE-2	Physical Exercise (RED)
12:40-13:00	FE-1	Private Family Conference ( <i>S + Ku-band</i> )
12:50-13:00	CDR	Tray Exchange between two Dewars
13:00-14:00		LUNCH
14:15-14:45		Weekly planning conference ( <i>S-band</i> )
14:45-15:15	CDR	MELFI stage 1E: Icepac 1 insertion
15:15-15:25		PCS configuration
15:45-16:45	FE-2	Physical Exercise (VELO) /
16:05-16:45	FE-1	COX Maintenance
16:45-17:45		Physical Exercise (VELO+RED) day 4
16:45-17:45	CDR	Physical Exercise (CEVIS)
17:45-19:15	FE-1	Physical Exercise (TVIS) day 4
17:45-19:15	CDR	Physical Exercise (RED)
19:15-19:25		PCS power down
19:25-19:30		Transfer TVIS/RED/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>	FE-1	TBY (Universal Bioengineering Thermostat). Temperature check
		URAGAN. Observations and Photography
		ECON. Observations and photography
		MATRYOSHKA-R. Monitoring Lulin-5 readings

**Notes:** 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion **w/ Report to MCC**

End of Radiogram