

**CREW OFF-DAY**

GMT	CREW	ACTIVITY
16:00-16:10		Morning inspection
16:10-16:40		Post-sleep
16:40-17:30		BREAKFAST
17:30-18:00	FE-1	PPFMI/g-LIMIT – sample removal
18:00-18:10		PPFMI/g-LIMIT – micro-disk drive change-out
18:10-18:30		PPFMI/g-LIMIT – tape ejection
18:35-18:45		PAO-EVENT
19:00-20:00	FE-2	Physical exercise (TVIS, day 3)
19:30-21:00	FE-1	Physical exercise (RED)
20:00-21:00	CDR	Physical exercise (TVIS, day 3)
21:00-22:00	FE-1	Physical exercise (CEVIS)
21:35-21:45	FE-2	Monitoring of circuit breaker (A3C) on DC switch panel (БВПСО) and fuses on DC1 fuse box panel (БПП)
22:00-23:00	.	LUNCH
23:00-23:40	FE-2	COЖ maintenance
23:00-01:00	FE-1	PFMI/g-LIMIT - stow
00:30-02:00	CDR	Physical exercise (TVIS + Active Rest, day 3)
01:00-01:05	FE-1	Glove Box (MSG) – power off
01:05-01:15		Daily payload status check
01:30-03:00	FE-2	Physical exercise (TVIS + Active Rest, day 3)
01:45-01:55	FE-1	EXPRESS Rack 2 ARIS: guides install
01:55-02:00		EXPRESS Rack 2: power down
02:15-02:30		Private family conference ( <i>Ku + S-band</i> )
02:55-03:00		Prep for HAM radio session
03:00-03:15		HAM radio session
03:00-03:30	CDR, FE-2	DINNER
03:15-03:45	FE-1	
03:30-04:00	CDR, FE-2	Daily food prep
03:45-04:15	FE-1	
04:00-05:00	CDR, FE-2	Pre-sleep
04:15-05:00	FE-1	
05:00-14.00		SLEEP

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

End of radiogram