

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-07:35	FE-1	BIOPSY: diet logging
09:00-10:30	CDR	Physical exercise (RED)
10:30-11:30		Physical Exercise (TVIS)
11:30-11:40		Formaldehyde Monitoring Kit (FMK) removal
11:30-13:00	FE-1	Physical exercise (TVIS), day 3
13:00-14:00	.	LUNCH
14:00-14:05	FE-1	BIOPSY: diet logging
14:45-15:00		Private psychological conference (<i>VHF</i>)
16:45-17:15		COX maintenance
17:15-18:15		Physical exercise (VELO+Load Trainer/Cycle 1), day 3
17:15-17:30	CDR	Private psychological conference (<i>S-band</i>)
18:15-18:45	.	Daily plan review
18:45-19:00		Daily planning conference (<i>S-band</i>)
19:00-19:30	CDR	Report prep
19:00-19:05	FE-1	BIOPSY: diet logging
19:05-19:30		Report prep
19:30-20:00	.	DINNER
20:00-20:30		Daily food prep
20:30-21:30	FE-1	Pre-sleep
20:30-21:15	CDR	
21:15-21:30		Private family conference (<i>Ku + S -band</i>)
21:30-06:00	.	SLEEP
Task List	FE-1	Copy data from the Payload Server [БСПН] to a flash card via ISS WIENER
		Replacing ODF

Note: See OSTP for references to US activities.

End of radiogram