

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning inspection
	FE-1	Morning inspection.
06:10-06:40	.	Post-sleep
06:40-07:30		BREAKFAST
07:30-11:30	CDR	Installing software on SSC laptops (IMS 2.01 is not installed)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 2
12:00-13:00	CDR	Physical Exercise (TVIS)
13:00-14:00	.	LUNCH
15:00-15:15	CDR	Private psychological conference (<i>Ku+S-band</i>)
15:40-17:10		Physical Exercise (RED)
15:40-16:40	FE-1	Physical Exercise (VELO + Force Loader-1) day 2
17:10-17:40	CDR	COX maintenance
17:40-18:10		Daily plan review
18:15-18:30		Private family conference (<i>Ku + S-band</i>)
18:15-18:45	FE-1	Daily plan review
18:45-19:00	.	Daily planning conference (<i>S-band</i>)
19:00-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task list	FE-1	On MCC GO: ISS repress with O2 from Progress 354 CpПK (start)
		CARDIOCOG. Copying data from Portapres to EGE2
		Photography of Progress 217 Descent Module and Propulsion Compartment (ПАО) MLI

Note: See OSTP for references to US activities.

End of radiogram