

**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		Weekly Housekeeping
10:30-12:00	FE-1	Physical Exercise (CEVIS)
10:30-12:00	CDR	Physical exercise (TVIS), Day 2
12:00-13:00	FE-1	Physical Exercise (RED)
13:30-13:50	CDR	Private Family Conference ( <i>Ku + S-band</i> )
13:55-14:25		Weekly planning conference ( <i>S-band</i> )
14:25-15:25		LUNCH
16:30-17:00	CDR	COX maintenance
18:30-19:30		Physical exercise (VELO + Load Trainer/Cycle 1), Day 2
19:20-19:25	FE-1	Monitoring O2 and CO2 readings
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
Task List	CDR	Soyuz 218 MLI photography

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

End of Radiogram