

**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	CDR	Weekly Housekeeping
07:30-07:40	FE-1	Removal of earlier installed Formaldehyde Monitoring Kit (FMK)
07:40-10:30		Weekly Housekeeping
10:30-10:45		Renal Stone: diet log
10:45-12:15		Physical exercise (CEVIS)
10:45-12:15	CDR	Physical Exercise (TVIS), day 1
12:15-13:15	FE-1	Physical Exercise (RED)
13:15-13:45		Weekly planning conference ( <i>S-band</i> )
13:45-14:45		LUNCH
14:45-15:05	FE-1	Renal Stone: urine collection
15:00-15:30	CDR	COX maintenance
15:50-16:10	FE-1	Renal Stone: urine collection
17:00-18:00	CDR	Physical Exercise (VELO + Force Loader 1) day 1
17:10-17:30	FE-1	Renal Stone: urine collection
18:30-18:35		O2 and CO2 monitoring
19:05-19:25		Renal Stone: urine collection
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
<b>Task List</b>	CDR	PULSE. Experiment ops (performed in the morning – 30 minutes after breakfast at rest)
		Downlink of Bracelet questionnaire entries

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

End of Radiogram