

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
08:30-09:10	FE-1	USOS TCS Reconfig
09:10-10:10		EKAM: Hardware Installation and Activation
10:30-11:30		Physical Exercise – TVIS
11:20-11:30	CDR	SCORPION. Hardware Activation
11:30-13:00	CDR	Physical Exercise – TVIS – Day 2
	FE-1	Physical Exercise – RED
13:00-14:00		Lunch
14:30-14:45	CDR	Private Medical Conference (<i>Ku+S-band</i>)
15:35-15:50	FE-1	
16:35-16:40	K9	On MCC Go Repress w/O2 from Progress 353 (Start)
16:40-17:40		Physical Exercise (VELO + FL1) – Day 2
17:40-17:45		Repress w/O2 from Progress 353 (End)
17:45-18:15		COX Maintenance
17:55-18:00	FE-1	TVIS, RED, and HRM Data Transfer to MEC
18:00-18:15		Questionnaire – Log Entry
18:15-18:45		Review of Next Day's Plan
18:50-19:05		Daily Planning Conference (<i>S-band</i>)
19:05-19:30		Work Prep
19:30-20:00		Dinner
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep

Note: Cf. OSTP for any missing references to US Activities.

End of Radiogram