

CREW OFF-DUTY

| GMT | CREW | ACTIVITY |
|------------------|------|---|
| 06:00-06:10 | . | Morning inspection (Do not reboot Laptop RS3 at Work Site 1) |
| 06:10-06:40 | . | Post-sleep |
| 06:40-07:30 | . | BREAKFAST |
| 10:30-12:00 | CDR | Physical Exercise (TVIS) |
| 12:00-13:30 | FE-1 | Physical Exercise (TVIS) Day 1 |
| 12:00-13:00 | CDR | Physical Exercise (RED) |
| 13:30-14:30 | . | LUNCH |
| 16:45-17:15 | FE-1 | COX maintenance (CBO, CП calldowns, БРПК inspection) |
| 17:00-17:15 | CDR | Private Family Conference (<i>S-band</i>) |
| 17:15-18:15 | FE-1 | Physical Exercise (VELO+RED) day 1 |
| 18:10-18:15 | CDR | O2 and CO2 level check |
| 18:15-18:45 | . | Daily Plan Review |
| 18:45-19:15 | . | Report prep |
| 19:15-19:30 | . | Daily Planning Conference (<i>S-band</i>) |
| 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 | GCF-JAXA. TBY temperature check |
| | | PLANTS-2. Recharging water tank |
| | | PLANTS-2. Payload status check |

Note: See OSTP for references to US activities.

End of radiogram