

**CREW OFF-DUTY. Test comm. passes. Progress.**

| GMT              | CREW | ACTIVITY  |
|------------------|------|---|
| 06:00-06:10      | .    | Morning inspection  |
| 06:10-06:40      | .    | Post-sleep  |
| 06:40-07:30      | .    | BREAKFAST   |
| 10:15-12:30      | CDR  | Physical Exercise (TVIS + RED)  |
| 11:30-12:30      | FE-1 | Physical Exercise (VELO + Load Training/cycle1) day 2   |
| 12:30-13:30      | .    | LUNCH   |
| 13:30-13:35      | FE-1 | <b>On MCC go:</b> ISS O2 repress using the 1 <sup>st</sup> section of CpПК (Oxygen supply system) on Progress 248 (start) |
| 14:30-14:35      | FE-1 | <b>On MCC go:</b> ISS O2 repress using the 1 <sup>st</sup> section of CpПК (Oxygen supply system) on Progress 248 (end)   |
| 14:40-14:55      | CDR  | Private family conference ( <i>Ku+ S-band</i> )   |
| 15:15-15:45      | FE-1 | COЖ maintenance   |
| 15:45-17:15      | FE-1 | Physical Exercise (TVIS) day 2  |
| 17:50-18:10      | .    | Private conference between the crew and NASA Administrator Sean O'Keefe ( <i>S-band</i> )                                 |
| 18:15-18:45      | .    | Daily plan review   |
| 18:45-18:55      | .    | Prep for work   |
| 18:55-19:10      | .    | Daily planning conference ( <i>S-band</i> )   |
| 19:10-19:30      | .    | Prep for work   |
| 19:30-20:00      | .    | DINNER (Renal: pill ingestion)  |
| 20:00-20:30      | .    | Daily food prep   |
| 20:30-21:30      | .    | Pre-sleep   |
| 21:30-06:00      | .    | SLEEP   |
| <b>Task List</b> | FE-1 | Search for equipment  |

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

End of radiogram