

OFF-DUTY DAY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:55-08:00	FE-1	PLANTS-2. Payload status check
08:00-11:00		Weekly station cleaning
11:30-12:30	FE-1	Physical exercise (VELO + Load Trainer 1, day 3)
11:30-12:30	CDR	Physical exercise (CEVIS)
12:30-13:30		LUNCH
13:30-13:35	FE-2	IMS file auto import/export
13:55-14:25		Weekly planning conference (<i>S-band</i>)
14:40-14:55		ISS Program Management/Crew Conference (<i>S-band</i>)
15:15-16:45	CDR	Physical exercise (RED)
15:45-16:45	FE-2	Physical exercise (CEVIS)
16:00-16:30	FE-1	COX maintenance
16:45-18:15	FE-1	Physical exercise (TVIS, day 3)
16:45-18:15	FE-2	Physical exercise (RED)
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: 1. See OSTP for references to US activities.

2. Task List: URAGAN
DIATOMEA
KROMKA-1
MOLNIYA – Equipment installation

End of radiogram