

**KU-BAND VIDEO DOWNLINK TEST. CREW OFF-DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-09:00	FE-2	Physical Exercise (TVIS)
08:15-09:15	CDR, FE-1	Conference on specifics of Progress docking. <i>Tagup with specialists (S - band)</i>
09:15-09:30		ISS Crew and ГОГУ (RSA Flight Control Team) Weekly Conference (S-band)
09:30-11:00	FE-1	Physical Exercise (TVIS), Day 3
09:40-10:20	FE-2	Ku-band Video Downlink Config (docking preparation)
10:20-10:50	CDR, FE-2	Ku-band TV Downlink Test (configuring TV System for Soyuz, Progress docking/undocking)
10:50-11:00	FE-2	Photo/TV: Laptop A31P deactivation
11:00-11:30	FE-1	ТБУ (Universal Bioengineering Thermostat). Assembly and installation in SM. <i>Tagup as necessary (S-band)</i>
11:00-12:00	CDR	Physical Exercise (VELO + RED), Day 3
12:05-13:05		LUNCH
13:30-14:00		ISS and STS-118 (13A.1) Crew Conference (S + Ku-band)
14:00-14:40	FE-1	COЖ Maintenance
15:10-16:10	FE-1	Physical Exercise (VELO + RED), Day 3
15:25-15:40	FE-2	Private psychological conference (S + Ku-band)
16:10-17:40	CDR	Physical Exercise (TVIS), Day 3
16:25-16:45	FE-2	Crew Discretionary Conference (S + Ku-band)
16:45-17:45	FE-2	Physical Exercise (RED)
17:40-17:45	CDR	TVIS bearings weekly Maintenance
18:00-18:15	FE-2	Crew Discretionary Conference (S + Ku-band)
18:45-19:05		Flight Director / ISS Crew Tagup (S + Ku-band)
19:05-19:10	FE-2	TVIS/RED/CEVIS Data Transfer to MEC
19:10-19:20	FE-2	O2 level check
19:20-19:30	FE-2	FMK stow
19:30-20:00	FE-1	Daily food prep
19:30-19:45	FE-2	Private family conference (S + Ku-band)
19:30-20:00	CDR	Daily food prep
19:45-20:00	FE-2	
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

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

End of Radiogram