

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:10-09:55	FE-1	ALTCRISS. Card changeout and data dump via OCA. <i>Tagup with specialists (S-band)</i>
09:55-10:10		Motorola phone charging setup, start charge. <i>Tagup with specialists as necessary (S-band)</i>
10:00-11:30	CDR	Physical Exercise (TVIS)
10:25-10:30	FE-1	Motorola phone charging - status check.
10:45-10:50		
11:05-11:10		
11:10-11:20		
11:30-12:30	CDR	Physical Exercise (RED)
11:55-13:25	FE-1	Physical exercise (TVIS), Day 2
13:25-13:30		ГА ГЛ2106 activation (start)
13:30-14:30	.	LUNCH
14:30-14:35	FE-1	ГА ГЛ2106 activation (continued)
15:50-15:55		ГА ГЛ2106 deactivation (terminate)
16:25-16:55	CDR	COЖ maintenance
17:15-18:15	FE-1	Physical Exercise (VELO+RED) day 2
19:05-19:35		DINNER
19:30-20:00	CDR	
19:35-19:40	FE-1	Set up for HAM radio session.
19:40-19:55		HAM radio session in memory of G. M. Strekalov
19:55-20:30		Daily food prep
20:00-20:30	CDR	
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check

**Note:** See OSTP for references to US activities.  
End of Radiogram