

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-08:05	FE-1	SFOG Candle Replacement and Activation. <i>Report to MCC part numbers of used candles</i>
07:40-09:00	CDR	Weekly housekeeping
08:05-11:05	FE-1	Weekly housekeeping
09:00-09:20	CDR	Replacing HDD s/n 6137 in Laptop1 with HDD s/n 6156 from Laptop3 (s/n 6101 CM1PO_3_317) / PCY item 6.3.6 page 6-9
09:20-11:00		Weekly housekeeping
11:00-12:00		Physical Exercise (VELO + Force Loader 1) day 1
11:05-12:05	FE-1	Physical exercise (TVIS)
12:00-12:35	CDR	SFOG Candle Replacement and Activation. <i>Report to MCC part numbers of used candles</i>
12:30-13:30	FE-1	LUNCH
12:35-13:35	CDR	LUNCH
13:30-13:45	FE-1	Set up for HAM radio session. HAM radio session
13:50-14:20	.	Weekly planning conference (S-band)
14:25-14:40	FE-1	Food questionnaire
15:35-16:10	CDR	SFOG Candle Replacement and Activation. <i>Report to MCC part numbers of used candles</i>
16:20-16:30		Private medical conference w/physical training specialists (VHF)
16:45-18:15	FE-1	Physical exercise (RED)
16:45-18:15	CDR	Physical Exercise (TVIS) Day 1
18:15-18:35	.	Flight Director/ISS Crew Tagup (<i>S-band</i>)
18:35-18:40	FE-1	Transfer TVIS, RED, and HRM data to MEC
18:35-19:05	CDR	COЖ maintenance
18:40-18:55	FE-1	Rebooting all PCS (weekly)
18:55-19:10		Questionnaire - FE-1 log entry
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	CDR	PLANTS-2. Payload status check
		URAGAN Observations and photo imagery (if r/g is available)

Note: See OSTP for references to US activities.

End of radiogram