

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:20-09:55	FE-1	TVIS Monthly Maintenance
09:55-11:25		Physical Exercise (TVIS)
11:25-11:30		TVIS Weekly Maintenance
11:30-11:45		Scheduled inspection of RED
11:30-13:00	CDR	Physical exercise (TVIS), Day 2
11:45-12:45	FE-1	Physical Exercise (RED)
13:00-14:00		LUNCH
14:00-14:30	CDR	COX maintenance
14:30-14:35		On MCC Go ISS O2 repress from Progress 355 CpПK (start)
15:35-15:40		ISS O2 repress from Progress 355 CpПK (terminate)
17:00-18:00		Physical exercise (VELO + Load Trainer/Cycle 1), Day 2
18:05-18:35	FE-1	Evening work prep
18:15-18:45	CDR	
18:35-18:40	FE-1	O2 and CO2 monitoring
18:40-18:45		Transferring TVIS, RED, and HRM data to MEC
18:45-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:30		Evening work prep
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	URAGAN. Observations and photography

Note: See OSTP for references to US activities.

End of Radiogram