

CREW REST DAY

TIME	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		Breakfast
07:30-07:55	FE-2	MSG troubleshooting. Phase 2
08:25-08:30		Files auto import/export in IMS
08:25-08:30	FE-1	PLANTS-2. Payload status checkup
08:30-08:55	FE-2	Weekly housekeeping
08:30-11:30	CDR, FE-1	
08:55-09:00	FE-2	MSG. Troubleshooting. Phase 3
09:00-10:27		Weekly housekeeping
10:27-10:42		MSG. Troubleshooting. Phase 4
10:42-11:30		Weekly housekeeping
11:30-12:30	CDR	Physical exercise CEVIS
11:30-12:30	FE-1	Physical exercise (VELO+Load Trainer-1)-day 3
12:35-12:50		PFC (<i>Ku+S-band</i>)
12:40-12:45	FE-2	MSG. Troubleshooting. Phase 5
12:50-13:50		LUNCH
14:10-14:40		Daily planning conference (<i>S-band</i>)
14:40-15:00		Program Office and ISS-6 Crew tagup (<i>S-band</i>)
15:00-16:30	CDR	Physical exercise RED
15:30-16:30	FE-2	Physical exercise CEVIS
15:50-16:30	FE-1	COX maintenance
16:30-18:00	FE-2	Physical exercise RED
16:30-18:00	FE-1	Physical exercise TVIS- 3
18:00-18:40	CDR	TVIS/RED/CVIS data transfer to MEC
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		Sleep

Notes: 1. See OSTP for references to US procedures
2. Task List: DIATOMIA
URAGAN
KROMKA

End of radiogram