

**LBNP Exercise. 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		Weekly housekeeping
09:00-09:45		ISS crew weekly conference with the Program management ( <i>S-band</i> )
09:45-10:40	CDR FE-1(assist)	LBNP Exercise <b>To=10:17:00</b> GMT. Tagup with specialists ( <i>VHF</i> )
10:40-12:10	.	Weekly housekeeping
12:00-12:25	FE-1	PCS reboot (weekly)
12:25-12:30		SSC OCA router reboot
13:05-13:35	.	Weekly planning conference ( <i>S-band</i> )
13:35-14:35		LUNCH
14:35-14:45	FE-1	Food questionnaire
16:05-17:35		Physical exercise RED
17:00-17:30	CDR	COX maintenance
17:30-18:30		Physical exercise TVIS – day 4
17:35-18:35	FE-1	Physical exercise CEVIS
18:30-19:00	CDR	Physical exercise RED
18:55-19:00	FE-1	Deactivation of LTL
19:30-20:00	.	Daily food prep
20:00-20:30		DINNER
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	Uragan
		Molniya-SM. Copying data to HDD

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

End of r/g