

**CREW OFF-DUTY**

GMT	CREW	ACTIVITY
09:00-09:10		Morning inspection
09:10-09:40		Post-sleep
09:40-10:30		BREAKFAST
10:30-13:30	CDR	Weekly Housekeeping
10:30-13:25		
13:25-13:35	FE-1	Terminate charging the third Battery Pack 825M3 and remove the third pack from the charger
13:30-13:35	CDR	BCAT-3: camera checkout
13:35-14:05		Weekly planning conference ( <i>S-band</i> )
14:05-15:35	CDR	Physical Exercise (TVIS)
15:35-17:05	FE-1	Physical Exercise (TVIS) day 4
15:35-15:55	CDR	EPO, procedure review
15:55-16:05		EPO, setting up USL camcorder
16:05-16:30		EPO, demonstration
16:45-16:55		PromISS, tape 10 changeout
17:05-18:05		LUNCH
18:05-18:10	CDR	CDRA deactivation
20:30-21:00	FE-1	COX maintenance
20:55-21:55	CDR	Physical Exercise (RED)
21:00-22:00	FE-1	Physical Exercise (VELO+RED) day 4
21:55-22:00	CDR	Transferring TVIS, RED, and HRM data to MEC
22:00-22:30		DINNER
22:30-23:00		Daily food prep
23:00-00:00		Pre-sleep
00:00-11:00		SLEEP
<b>Task list</b>	FE-1	GCF-JAXA. TBY incubator temperature check
		STATOKONIA. Temperature status check per [APT]
		KROMKA-1. Photo imagery

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