

**WEEKLY HOUSEKEEPING. CREW OFF DUTY.**

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-10:30	.	Weekly Housekeeping
10:45-12:15	CDR	Physical Exercise (CEVIS)
11:30-11:45	FE-1	Private Psychological Conference ( <i>VHF</i> )
11:45-13:15	FE-1	Physical Exercise (TVIS) day 1
12:15-13:15	CDR	Physical Exercise (RED)
13:15-13:45	.	Weekly Planning Conference ( <i>S-band</i> )
13:45-14:45	.	LUNCH
15:05-15:20	CDR	Fluid Dynamics Investigation (FDI)
15:20-15:30	CDR	Relocate the camcorder from Node PD100 to LAB
15:30-18:10	CDR	FDI Syringe Bubble Removal
17:45-18:15	FE-1	COX maintenance
18:15-19:15	FE-1	Physical Exercise (VELO+RED) day 1
18:16-18:36	CDR	Private conference with friends ( <i>S-band</i> )
18:45-18:55	CDR	Return Camcorder to Node
19:15-19:20	CDR	Transferring TVIS, RED, and HRM data to MEC
19:20-19:25	CDR	O2 and CO2 status check.
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Recharging water tank
		PULSE. Experiment ops
		Audit of 3.0 CTB 1012

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

End of Radiogram