## Radiogram No. 7226u CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07.30-07.35	CDR	CDRA Activation
07:35-08:35		Physical Exercise (TVIS)
07:35-07:45	FE-2	FSL. Setting up a camera in NODE 2 to observe the experiment.
07:45-08:05		FSL. Troubleshooting Procedure Rewiew
08:25-08:30		HAM radio setup
08:30-08:40		HAM radio session
08:35-10:05	CDR	Physical Exercise (RED)
08:40-09:55	FE-2	FSL. LAN Cable Repair and Connection
10:35-11:35	FE-1	Physical Exercise (VELO+RED), day 4
11:25-12:25	FE-2	Physical Exercise (TVIS)
12:25-12:55		Expeditions ISS-16 /ISS-17 crew conference (S+Ku-band from GCTC, voice comm. through phone: 256-961-68-08)
12:55-13:00	FE-1	On MCC Go ISS repress from Progress 363 CpΠK (start)
13:00-14:00		LUNCH
14:00-14:05	FE-1	ISS repress from Progress 363 CpΠK (terminate)
14.00-16.30	FE-2	BIOLAB. Setting up photo equipment.
14:45-15:00	CDR,FE-	Tagup w/specialists regarding Shuttle (R-Bar Pitch) maneuver photo/video (Ku+S-band)
16:05-17:35	FE-1	Physical Exercise (TVIS), day 4
16:45-18:15	FE-2	Physical Exercise (RED)
17:35-18:15	FE-1	СОЖ Maintenance
18:00-18:10	CDR	FMK deployment ops
18:10-18:15		Transferring TVIS, RED, and HRM data to MEC
18:15-18:55		Evening work prep
18:55-19:10		Daily Planning Conference (S-band)
19:10-19:30		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	FE-1	ТБУ (Universal Bioengineering Thermostat). Temperature check PLANTS-2. Payload Status Check and Photography
Notes 1 Cos	OCTD for we	PLANTS-2. Payload Status Check and Photography

Notes: 1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion, with Report to MCC End of Radiogram