

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:05-11:05		Weekly housekeeping
11:05-12:35	CDR	Physical Exercise (TVIS) day 2
11:55-12:15	FE-1	EarthKAM: hardware deactivation and stowage
12:35-13:35		LUNCH
13:35-13:55	CDR	Private family conference (<i>S + Ku-band</i>)
13:55-14:25		Daily planning conference (<i>S-band</i>)
15:05-15:25		ISS crew / Program management weekly conference (<i>S-band</i>)
15:30-15:45	CDR	Copying БСПН system data and Log-files using ISS WIENER
15:30-15:45	FE-1	Private psychological conference (<i>S-band</i>)
16:00-17:30	FE-1	Physical Exercise (RED)
17:30-18:30	FE-1	Physical Exercise (CEVIS)
18:00-18:30	CDR	COЖ maintenance
18:30-18:35	FE-1	TVIS/RED/HRM data transfer to MEC.
18:30-19:30	CDR	Physical Exercise (VELO + FL -1) day 2
19:30-20:00		DINNER
20:00-20:30		Daily ration prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	PULSE. Experiment ops

Note: See OSTP for references to US activities
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