

Crew off-Duty

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
09:30-11:00	FE-1	Physical Exercise (TVIS) day 4
09:50-10:00	FE-2	CSA-CP battery replacement
10:00-11:30		Physical Exercise (RED)
11:00-12:30	CDR	Physical Exercise (TVIS) day 4
12:30-13:30		LUNCH
15:30-16:30	CDR	Physical Exercise (VELO + RED), day 4
	FE-2	Physical Exercise (CEVIS)
16:30-17:10	CDR	COX Maintenance
16:30-17:30	FE-1	Physical Exercise (VELO+RED), day 4
18:30-18:50		Flight Director / ISS Crew Weekly Tagup (<i>Ku + S-band</i>)
19:10-19:15	FE-2	O2 level check
19:15-19:20		Food frequency questionnaire
19:20-19:25		SSC file server reboot
19:25-19:30		Transfer of TVIS, RED, and HRM data to MEC
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	CDR	ECON. Observations and photography
	FE-1	URAGAN. Observations and photography
	CDR, FE-1	Photography of one Russian crew member in ATV interior

Notes:

1. SM Window #9 shutter opening is at crew discretion with **Report to MCC**
 2. See OSTP for references to US activities.
 3. **No access to OCA from 22:00 through 05:00 (GMT)**
- End of Radiogram