

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekend housekeeping
10:30-11:30	FE-1	Physical Exercise (TVIS) day 2
12:00-12:15		PFC (<i>VHF, home phone</i>)
13:00-13:30		Weekly planning conference (<i>S-band</i>)
13:30-14:30		LUNCH
14:45-15:05		ISS crew / Program Management weekly conference (<i>S-band</i>)
15:42-15:57	CDR	PFC
16:00-17:00		Physical Exercise (CEVIS)
17:00-18:30	FE-1	Physical Exercise (TVIS)-2
17:00-18:15	CDR	Physical Exercise (RED)
18:45-18:50		TV PAO hardware set up
18:50-19:00		TV PAO prep
19:00-19:10		PAO: Cosmonaut Day greetings
18:30-19:00	FE-1	COX maintenance
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	Equipment search
		Data download from Laptop TP1 to SM -FOTO-HDD-05

Note: See OSTP for references to US activities
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