

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:10-11:10	CDR	Physical Exercise (TVIS)
11:10-12:40	FE-1	Physical Exercise (TVIS), day 2
12:45-13:45		LUNCH
13:50-15:50		ISS readiness for emergency egress drill. <i>Tagup with specialists (S-band)</i>
15:50-17:20	CDR	Physical Exercise (RED)
15:50-16:50	FE-1	Physical Exercise (VELO + Force Loader-1) day 2
17:20-17:25	CDR	Transfer TVIS, RED, and HRM data to MEC
17:20-17:50	FE-1	COЖ maintenance.
17:50-18:20		Daily plan review
18:20-18:35		Daily planning conference (<i>S-band</i>)
18:35-19:05		Report prep
19:10-19:35		TV ISS-MCC Greetings dedicated 75 th Anniversary of MAI (To=19:10, T1,T2, T3 from СПП)
19:35-20:05		DINNER
20:05-20:35		Daily food prep
20:35-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	On MCC GO: ISS repress with O2 from Progress 354 CpПК Search for Portapres data cable

Note: See OSTP for references to US activities.

End of radiogram