

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:00-08:15	FE-2	Upload CEVIS daily exercise protocols onto CEVIS PCMCIA cards.
08:25-08:50	.	TV greeting on the anniversary of Novosti Kosmonavtiki [Space News] magazine (To=08.24, T1, T2, T3 - activated from Daily Flight Program [СПП])
09:00-09:30	FE-2	Installation of MELFI grounding bus
09:30-10:30		Physical Exercise (VELO) day 1
10:30-12:00	FE-1	Physical Exercise (TVIS)
12:00-13:30	CDR	Physical Exercise (TVIS) day 1
12:00-13:00	FE-1	Physical Exercise (RED)
13:30-14:30	.	LUNCH
14:30-14:40	CDR	ALTCRISS. PCMCIA card replacement. <i>Install 512 MB PCMCIA Card ALC #913, CM1PO_1_131, in ALC return pouch (b/c 00037646R). Report to MCC: stowage location of the removed card</i>
14:30-14:40	FE-2	EXPRESS RACK 4 Laptop set up
14:40-14:45		EXPRESS RACK 4 Laptop battery charging
14:30-15:30	FE-1	USOS ODF update
14:40-15:40	CDR	Science ODF replacement
16:00-16:15	FE-1	US Ground Site VHF Test
17:00-17:05		Disconnecting Express Rack 1 (ER1) from the LAB Internal Thermal Control System (ITCS)
17:55-19:25	FE-2	Physical Exercise (RED)
18:00-18:30	CDR	COЖ maintenance
18:30-19:30		Physical Exercise (VELO + Force Loader /Cycle 1), day 1
19:15-19:30	FE-1	Questionnaire - journal entry (FE-1)
19:25-19:30	FE-2	Transferring 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

Note: See OSTP for references to US activities.
End of Radiogram