

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30	CDR	Weekly Housekeeping
07:30-07:50	FE-2	RENAL. Urine collection.
07:50-08:05		RENAL. Diet logging
08:05-11:05	FE-2	Weekly Housekeeping
08:10-11:10	FE-1	
11:05-11:10	FE-2	OIL EMULSION. Experiment video.
11:10-11:30	FE-1	MELFI – insertion of the 100ML sample into Dewar 2
11:10-12:40	FE-2	Physical Exercise (RED)
11:30-13:00	CDR	Physical Exercise (TVIS) day 2
11:30-13:00	FE-1	Physical Exercise (CEVIS)
12:40-13:00	FE-2	RENAL. Urine collection.
13:00-13:30	.	Weekly Planning Conference (<i>S-band</i>)
13:30-14:30		LUNCH
15:00-15:20	FE-2	RENAL. Urine collection.
16:30-16:50	.	FD / ISS crew weekly conference (<i>S-band</i>)
17:00-18:00	FE-2	Physical Exercise (TVIS)
17:30-17:55	FE-1	MELFI – insertion of 500 ML sample into Dewar 2 and relocation of 100ML sample
18:00-18:20	FE-2	RENAL. Urine collection.
18:00-18:30	CDR	COX maintenance
18:10-18:25	FE-1	Questionnaire - journal entry
18:25-19:25		Physical Exercise (RED)
18:30-19:30	CDR	Physical Exercise (VELO + Force Loader-1) day 2
19:25-19:30	FE-1	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
Task List	CDR	SM Ventilation System preventive maintenance. Group B (termination)
		Fan screen cleaning on FGB interior panels 116, 321, 316, 431
		STATOKONIA. APT temperature check
		PLANTS-2. Payload status check
		Search for Converter-Amplifiers [БПУ] Beta-8 #61 and #63

Note: See OSTP for references to US activities.

End of Radiogram