

**CREW OFF DUTY. TV GREETINGS**

GMT	CREW	ACTIVITY
06:00-06:10	CDR, FE-1	Morning inspection
06:00-06:05	FE-2	SLEEP - data logging
06:05-06:10	FE-2	Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:40-09:05	CDR, FE-1	TV Greeting to Space Through the Eyes of Youth Talent Competition in the City of Voronezh ( <b>To=08:40, T1, T2, T3 - Automated Daily Timeline</b> )
09:25-09:55	FE-1	COЖ Maintenance
09:55-11:25	FE-1	Physical Exercise (TVIS), day 2
11:00-11:20	CDR	Private Family Conference ( <i>S + Ku-band</i> )
11:25-12:55	CDR	Physical Exercise (TVIS), day 2
11:55-12:55	FE-2	Physical Exercise (RED)
12:30-12:50	FE-1	Private Family Conference ( <i>S + Ku-band</i> )
12:55-13:55		LUNCH
13:55-14:00	FE-2	Payload Status Check
14:40-14:45	FE-2	HAM radio setup
14:45-14:55	FE-2	HAM radio session
15:00-15:05	FE-2	HAM radio setup
15:05-15:15	FE-2	HAM radio session
15:25-16:25	CDR	Physical Exercise (VELO+RED) day 2
16:25-17:25	FE-1	Physical Exercise (VELO+RED) day 2
16:40-17:20	FE-2	Prep for Work
17:20-18:50	FE-2	Physical Exercise (TVIS)
17:55-18:15	CDR	ALTCRISS. Card change-out and data dump via OCA. <i>Tagup with specialists (as necessary) (S-band)</i>
18:15-18:55	CDR, FE-1	Prep for Work
18:50-18:55	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:55-19:10		Daily Planning Conference ( <i>S-band</i> )
19:10-19:30		Prep for Work
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