

Crew Off-Duty. Weekly Housekeeping

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:30-10:30		Weekly housekeeping
10:45-12:15	CDR	Physical Exercise (RED)
11:50-13:20	FE -1	Physical Exercise (TVIS) day 3
12:15-13:15	CDR	Physical Exercise (CEVIS)
13:15-13:20		TVIS/RED/HRM data transfer to MEC
13:20-13:50		Weekly planning conference (<i>S-band</i>)
13:50-14:50		LUNCH
15:00-15:30	CDR	SNFM software load to EXPRESS Laptop (ELC)
17:15-18:15	FE -1	Physical Exercise (VELO + Force Loader/cycle 1) day 3
18:15-18:45		COX maintenance
19:30-20:00		Daily food prep
20:00-20:30		DINNER
20:30-21:30	FE -1	Pre-sleep
20:30-20:55	CDR	
20:55-21:10		Private family conference (S-band)
21:10-21:30		Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1	ETD
		DIATOMEA

Note: See OSTP for references to US activities

End of radiogram