

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:30-12:00	FE-1	Physical Exercise (TVIS)
12:00-13:00	FE-1	Physical Exercise (RED)
12:00-13:30	CDR	Physical exercise (TVIS) day 4
13:30-14:30		LUNCH
15:25-15:40	FE-1	Private psychological conference (<i>Ku + S-band</i>)
16:30-17:00	CDR	COX maintenance
17:00-18:00		Physical Exercise (VELO + Load Trainer/Cycle 1), day 4
18:10-18:15	FE-1	O2 and CO2 monitoring
18:15-18:45		Evening work prep
18:45-19:00		Daily Planning Conference (<i>S-band</i>)
19:00-19:30	CDR	Evening work prep
19:00-19:15	FE-1	Private family conference (<i>Ku + S-band</i>)
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	DIATOMEA. World Ocean observations
		ECON. Observations and photo imagery
		Photography of Progress 355 air duct section
		RSK1, RSE1 laptop hard drive disk monitoring
		Hardware search and prep for COTP test on KO5 2 hydraulic parameters

Note: See OSTP for references to US activities.

End of Radiogram