

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
08:15-08:30	CDR	Photo/TV setup for PFE footage
08:30-10:00		Physical Exercise (RED)
09:00-10:00	FE-2	Physical Exercise (CEVIS)
09:20-09:35	FE-1	PILLE dosimeter readings Post-EVA
09:35-11:05		Physical Exercise (TVIS), Day 3
10:00-11:30	FE-2	Physical Exercise (RED)
10:00-11:00	CDR	Physical Exercise (CEVIS)
11:05-12:05	FE-1	Physical Exercise (VELO + RED), Day 3
12:05-12:25		Private Family Conference (S + Ku-band)
12:10-12:25	FE-2	O2 level check
12:15-12:20	CDR	Stow video equipment used to record the RED exercise
12:25-12:30	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
12:30-13:30		LUNCH
13:30-14:00		Weekly Planning Conference (S-band)
14:00-15:00		US EVA crew debrief
15:15-15:30	FE-2	Food frequency questionnaire
15:30-16:30		Crew time for ISS adaptation and orientation
15:30-16:00	CDR, FE-1	EVA water refill
16:55-17:25	FE-1	Counter Measure System (CMS) Harmful Contaminant measurements in SM. <i>Tagup with specialists as necessary (S-band)</i>
17:25-18:05		Filling EDV [KOB] for Elektron from CWC 1069 (from CWC 1029 if necessary)
18:05-18:45		COX maintenance
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Note: 1. See OSTP for references to US activities.

2. SM Window #9 shutter opening is at crew discretion

End of Radiogram