

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	FE-1	Weekly Housekeeping
07:30-09:40	CDR	Weekly Housekeeping
09:40-10:00		Private family conference (<i>Ku + S-band</i>)
10:00-10:50		Weekly Housekeeping
10:30-12:00	FE-1	Physical Exercise (CEVIS)
11:45-13:15	CDR	Physical Exercise (TVIS) Day 2
12:00-13:00	FE-1	Physical Exercise (RED)
13:00-13:15		Renal Stone: diet log
13:15-13:35		Renal Stone: urine collection
13:40-14:10		Weekly planning conference (<i>S-band</i>)
14:15-15:15		LUNCH
15:15-15:55	CDR	Filling EDV [KOB] for Elektron
15:15-15:25	FE-1	Renal Stone: history photo
15:25-15:45		Renal Stone: urine collection
15:55-16:25	CDR	COX maintenance
17:00-17:20	FE-1	Renal Stone: urine collection
17:50-18:50	CDR	Physical Exercise (VELO + Load Trainer-1), day 2
18:50-19:10	FE-1	Renal Stone: urine collection
19:10-19:25		Questionnaire - journal entry
19:25-19:30		Transfer 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	STATOKONIA. APT temperature check
		Photo transfer from RSE1 Laptop

Note: See OSTP for references to US activities.

End of Radiogram