

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
09:00-10:30	FE-2	Physical Exercise (TVIS)
10:25-10:45	CDR	Private Family Conference (<i>Ku + S-band</i>)
10:30-12:00	FE-1	Physical Exercise (TVIS), day 1
10:30-11:30	FE-2	Physical Exercise (RED)
12:00-13:00	CDR	Physical Exercise (VELO + RED), day 1
12:20-13:00	FE-1	COX Maintenance.
13:00-14:00	.	LUNCH
14:00-14:15	FE-2	Private Psychological Conference (<i>Ku+S-band</i>)
15:45-16:45	FE-1	Physical Exercise (VELO + RED), day 1
16:30-16:45	FE-2	Private Family Conference (<i>Ku + S-band</i>)
16:45-18:15	CDR	Physical Exercise (TVIS), day 1
18:00-18:15	FE-2	EPO - Plant Photos
18:30-18:35		LAB LTL QD connection to support CDRA activation
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	URAGAN. Observation and photography
	FE-1	GCF-JAXA. TBY temperature monitoring (in the morning)
		DIATOMEA. World Ocean Observations

Note: See OSTP for references to US activities.
End of Radiogram