

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–07:45	FE-2	Payload status check
07:45–08:25		Maintenance of ? ? ?
08:45–10:45		Weekly housecleaning
11:00–12:00	CDR	Physical exercise (TVIS-2)
12:30–13:30		LUNCH
14:30–15:00		Weekly planning conference (S-band)
15:15–16:45	CDR	Physical exercise (cycle+IREDD day 2)
15:30–15:45	FE-2	Private family conference (S-band)
16:00–17:30		Physical exercise (RED)
16:30–17:30	FE-1	Physical exercise (CEVIS)
17:30–19:00		Physical exercise (RED)
17:30–18:30	FE-2	Physical exercise (TVIS)
19:00–19:30	FE-1	EARTHKAM deactivation
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

NOTE: See OSTP for references to US activities

End of radiogram