

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:00-11:30	FE-1	Physical Exercise (TVIS)
11:30-12:30	FE-1	Physical Exercise (RED)
11:30-13:00	CDR	Physical Exercise (TVIS), Day 3
13:00-14:00	.	LUNCH
14:05-14:20	CDR	Private Psychological Conference (<i>VHF</i>)
16:45-17:15	CDR	COX maintenance
17:15-18:15	CDR	Physical Exercise (VELO + Load Trainer/Cycle 1), day 3
18:10-18:15	FE-1	O2 and CO2 monitoring
18:15-18:30	.	Daily Planning Conference (<i>S-band</i>)
18:30-19:30	.	Work prep
19:30-19:45	FE-1	Private Family Conference (<i>Ku + S-band</i>)
19:30-20:00	CDR	DINNER
19:45-20:15	FE-1	
20:00-20:30	CDR	Daily food prep
20:15-20:30	FE-1	
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

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

End of Radiogram