

CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning Inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:30-12:00	FE-1	Physical Exercise (TVIS), day 2
12:00-13:00	CDR	Physical Exercise (VELO+RED), day 2
13:00-14:00	.	LUNCH
14:00-14:40	CDR	COX Maintenance
15:25-16:55	FE-2	Physical Exercise (CEVIS)
16:00-17:00	FE-1	Physical Exercise (VELO+RED), day 2
16:45-18:15	CDR	Physical Exercise (TVIS), day 2
16:55-18:10	FE-2	Physical Exercise (RED)
18:10-18:15		Transfer TVIS/RED/CEVIS/HRM data to MEC
18:15-18:45	.	Prep for Work
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Prep for Work
19:30-20:00	.	DINNER
20:00-20:30	CDR,FE-1	Daily Food Prep
20:00-20:07	FE-2	Daily Food Prep
20:07-20:22	FE-2	Private Family Conference (<i>Ku + S-band</i>)
20:22-20:30	FE-2	Daily Food Prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	CDR	URAGAN. Observation and photography
	FE-1	GSF-JAXA. TBY temperature monitoring (in the morning)
		PLANTS-1. Payload status check (in the morning)
		DIATOMEA. World Ocean Observations

Note: See OSTP for references to US activities.

End of Radiogram