

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	CDR	Weekend housekeeping
07:30-10:00	FE-1	ELEKTRON recovery
10:00-10:30		Physical Exercise (VELO + Force Loader /1) day 2
11:30-12:30		
12:30-13:30		LUNCH
13:30-14:00		Weekly planning conference (<i>S-band</i>)
14:00-14:15	CDR	PCS reboot (once a week)
14:15-14:20		SSC OCA router reboot
14:30-14:50		Weekly ISS crew/Program management conference (<i>S-band</i>)
15:00-15:15	CDR	PPC (<i>S-band</i>)
16:15-16:30	FE-1	PFC (<i>home phone via VHF</i>)
17:00-18:00	CDR	Physical Exercise (CEVIS)
17:30-18:00	FE-1	COX maintenance
18:00-19:30		Physical Exercise (TVIS) day 2
18:00-19:15	CDR	Physical Exercise (RED)
19:15-19:30		Questionnaire: journal entry (CDR)
19:30-20:00		Daily food prep
20:00-20:30		DINNER (RENAL: pill ingestion)
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	FE-1	Equipment search

Note: See OSTP for references to US activities

End of radiogram