

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, FE-2	Weekly Housekeeping
07:30-10:30	FE-1	Progress 362 transfers and IMS updates
10:30-11:30	CDR	Physical Exercise (CEVIS)
11:30-13:00	CDR	Physical Exercise (RED)
13:00-14:00		LUNCH
14:05-14:35		Weekly planning conference (S-band)
14:35-14:40	FE-2	BCAT-3 Camera checkout
15:00-16:00	FE-2	Physical Exercise (CEVIS)
16:15-16:55	FE-1	COX maintenance
16:55-17:55	FE-1	Physical Exercise (VELO+RED), day 1
17:30-17:45	FE-2	Private Psychological Conference (<i>S +Ku-band</i>)
17:55-19:25	FE-1	Physical Exercise (TVIS), day 1
18:00-19:30	FE-2	Physical Exercise (RED)
18:00-18:15	CDR	Private Psychological Conference (<i>S +Ku-band</i>)
19:25-19:30	CDR	Transfer TVIS/RED/CEVIS/HRM data to MEC
19:30-20:00		DINNER
20:00-20:30		Daily Food Prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

Notes:

1. See OSTP for references to US activities.
2. SM Window #9 shutter opening is at crew discretion and **Report to MCC**

End of Radiogram