

Off-duty

GMT	Crew	Activity
06:00-06:10		Morning inspection
06:10-06:40		Personal hygiene (post-sleep)
06:40-07:30		BREAKFAST
07:30-08:10	FE-1	Maintenance of ? ? ?
08:30-10:00	FE-2	? ? RED
09:00-09:15	CDR	Regeneration of ? 2 absorption cartridge in ? ? ? (end)
09:00-10:00	FE-1	Physical exercise (TVIS)
09:15-10:10	CDR	Physical exercise (???? – 2)
10:00-11:00	FE-2	Physical exercise (TVIS)
10:00-11:30	FE-1	Physical exercise (RED)
10:35-10:50	CDR	??? 1 ???2 deactivation test
12:00-13:00		LUNCH
13:00-13:25	FE-2	Payload status check
15:00-16:30	CDR	Physical exercise (TVIS+IREN) - 2
16:10-16:25	FE-1	PFC (S-band)
16:55-17:10	FE-2	
17:30-18:00		Familiarization with next day's work schedule
18:00-18:15		Daily planning conference (S-band)
18:30-19:00		Work set-up
19:00-19:30		DINNER
19:30-20:00		Daily food ration prep
20:00-21:00		Personal hygiene (pre-sleep)
21:00-06:00	CDR, FE-2	Sleep
21:00-04:35	FE-1	

NOTE: See OSTP for references to US activities

End of radiogram