

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
11:00-12:00	FE-1	Physical exercise (VELO) - 2
11:00-11:30	CDR	PFMI - familiarization
12:10-12:15	CDR	Scopemeter battery charge
12:15-13:15	.	LUNCH
14:37-14:52		Conference with Sean O'Keefe on Thanksgiving (<i>S-band</i>)
15:00-17:15	CDR	Physical exercise (TVIS + RED)
16:00-16:30	FE-1	COX maintenance
16:30-18:00	FE-1	Physical exercise (VELO + HC-1) - 2
17:15-17:30	CDR	Private family conference (<i>Ku+S-band</i>)
18:20-18:50	.	Daily plan review
18:50-19:05	.	Daily planning conference (<i>S-band</i>)
19:05-19:30	.	Prep for work
19:30-20:00	.	DINNER (RENAL: pill ingestion)
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP

Note: See OSTP for references to US activities

End of radiogram