

Crew Rest

GMT	CREW	ACTIVITY
08:30-08:40	.	Morning inspection
08:40-09:10		Post-sleep
09:10-10:00		BREAKFAST
10:00-10:05	CDR	PLANTS-2: payloads status
10:00-10:20	FE-1	Renal Stone: urine collection
11:30-12:30		Physical exercise (TVIS)
12:15-14:20	CDR	Test on TVIS (<i>tagup w/ specialists via S-band</i>)
12:30-13:40	FE-2 (assist)	
12:30-14:00	FE-1	Physical exercise (RED)
14:00-14:20		Renal Stone: urine collection
14:05-14:20	FE-2	Renal Stone: metabolic log
14:20-14:50	.	Daily planning conference (<i>S-band</i>)
14:50-15:50		LUNCH
15:50-18:50		Weekly station cleanup
18:50-19:10	FE-1	Renal Stone: urine collection
19:10-19:25		Renal Stone: metabolic log
19:25-19:35		LAB payloads status check on crew rest day
19:30-20:10	CDR	COX maintenance
19:30-20:50	FE-2	Physical exercise (TVIS + Active Rest) -1
19:35-19:55	FE-1	Downlinking file with physical exercise data
21:40-22:00	FE-1	Renal Stone: urine collection
22:00-22:30	.	DINNER
22:30-23:00		Daily food prep
23:00-00:00		Pre-sleep
00:00-08:30		SLEEP

Note: 1. See OSTP for references to US activities

2. Task List:

CDR and FE-2 – PULSE experiment

FE-2 – URAGAN experiment

End of radiogram