

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
11:30-13:00	CDR	Physical Exercise (TVIS) Day 3
	FE-1	Physical exercise (RED)
13:00-14:00	.	LUNCH
15:30-15:45	CDR	Easter Greetings. Conference with Patriarch Alexis II (<i>VHF</i>)
16:30-17:00		COX maintenance
17:00-18:00		Physical exercise (VELO+Load Trainer/Cycle 1), day 3
	FE-1	Physical exercise (TVIS)
18:05-18:20		Daily planning conference (<i>S-band</i>)
18:30-19:00		Daily plan review
19:00-19:30		Work prep
19:30-20:00		DINNER
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