

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
10:30-12:00	CDR	Physical Exercise (TVIS)
12:00-13:30	FE-1	Physical Exercise (TVIS) day 2
12:00-13:00	CDR	Physical Exercise (RED)
13:30-14:30	.	LUNCH
15:25-15:40	CDR	Private Psychological Conference (<i>Ku+S-band</i>)
16:45-17:15	FE-1	COX maintenance
17:03-17:18	CDR	Private Family Conference (<i>Ku+S-band</i>)
17:15-18:15	FE-1	Physical Exercise (VELO+RED) day 2
18:05-18:10	CDR	O2 and CO2 status check.
18:15-18:45	.	Daily Plan Review
18:45-19:00	.	Daily Planning Conference (<i>S-band</i>)
19:00-19:30	.	Report prep
19:30-20:00	.	DINNER
20:00-20:30	.	Daily food prep
20:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
Task List	FE-1	GCF-JAXA. TBY temperature check
		PLANTS-2. Payload status check
		PLANTS-2. Recharging water tank
		STATOKONIA. APT temperature check
		Audit of 3.0 CTB 1012

Note: See OSTP for references to US activities.
End of Radiogram