

Crew Day Off

TIME	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
08:30-08:45	CDR	PFC (<i>S-band</i>)
09:00-10:30	FE-2	PHYSICAL EXERCISE RED
09:30-10:30	FE-1	PHYSICAL EXERCISE TVIS
09:45-09:50	CDR	? ? Counter Data Voice Down
09:50-09:55		? ? ? System Data Voice Down
10:00-10:05		? ? ? -2 Separator Inspection
10:30-12:00	FE-1	PHYSICAL EXERCISE RED
10:30-11:30	FE-2	PHYSICAL EXERCISE TVIS
11:30-12:30	CDR	PHYSICAL EXERCISE TVIS-2
12:30-13:30		Lunch
13:30-13:50	FE-1	RENAL STONE – Equipment Prep
14:00-14:15		ISS-4 Daily PL Status Check (Including 8A PL)
14:20-14:35		RENAL STONE - FE-1 Food and Water Intake Log Entry
15:00-16:30	CDR	PHYSICAL EXERCISE (VELO+IRED)-2
17:35-18:15		? ? ? Maintenance
18:15-18:45		Review of Next Day's Plan
18:45-19:00		DPC (<i>S-band</i>)
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:

1. Cf.. OSTP for any missing links to US activities.
2. CDR: Diatomeia

End of Radiogram