

OFF-DUTY

GMT	CREW	ACTIVITY
08:30-08:40		Morning inspection
08:40-09:10		Post-sleep
09:10-10:00		BREAKFAST
10:00-10:05	FE-1	Disconnect Display and Control Panel (DCP) power cable
11:30-12:30	FE-1	Physical Exercise (TVIS)
12:30-14:00	FE-1	Physical Exercise (RED)
12:30-14:00	CDR	Physical Exercise (TVIS) Day 4
14:00-15:00		LUNCH
18:00-18:30	CDR	COX maintenance.
18:30-19:30	CDR	Physical exercise (VELO + Load Trainer/Cycle 1), day 4
19:25-19:30	FE-1	O2 and CO2 monitoring.
19:30-20:00	CDR	DINNER
19:40-19:55	FE-1	Private Family Conference (<i>Ku + S-band</i>)
19:55-20:25	FE-1	DINNER
20:00-20:30	CDR	Daily food prep
20:25-20:55	FE-1	
20:30-21:30	CDR	Pre-sleep
20:55-21:30	FE-1	
21:30-06:00		SLEEP
Task List	CDR	RELAXATION. Hardware removal

Note: See OSTP for references to US activities.

End of radiogram