

GMT	CREW	ACTIVITY
08:30-08:40	CDR,FE-1	Morning Inspection
08:30-08:35	FE-2	SLEEP - data log (FE2)
08:35-08:45		Morning Inspection
08:40-08:45	CDR	Post-sleep
08:40-09:10	FE-1	
08:45-09:00	CDR,FE-2	NUTRITION. Blood sample collection
09:00-09:10	CDR	Post-sleep
09:00-09:30	FE-2	
09:10-09:20	CDR	NUTRITION. Nutrition Refrigerated Centrifuge Setup and Load
09:10-10:00	FE-1	BREAKFAST
09:20-09:30	CDR	NUTRITION. Nutrition Refrigerated Centrifuge Configure
09:30-09:45		Post-sleep
09:30-10:20	FE-2	BREAKFAST
09:45-10:00	CDR	NUTRITION. Nutrition MELFI Blood Sample Insertion
10:00-10:50		BREAKFAST
10:00-12:00	FE-1	Weekly Housekeeping (cleaning FGB Fan Screens LCB1,2; cleaning B3 screen in DC1)
10:20-13:20	FE-2	Weekly Housekeeping
10:50-13:50	CDR	
12:00-13:00	FE-1	Search for vibration isolators and fans for BΠO2,BΠO3,BΠO4
13:20-14:20	FE-2	Physical Exercise (RED)
13:30-15:00	FE-1	Physical Exercise (TVIS), Day 2
13:50-14:05	CDR	Private psychological conference (<i>Ku+S-band</i>)
14:05-15:05		Physical Exercise (RED)
14:20-14:35	FE-2	Private Psychological Conference (<i>Ku + S-band</i>)
14:50-15:00		Formaldehyde Monitoring Kit (FMK) stowage /
15:00-16:00	FE-1,FE-2	LUNCH
15:05-16:05	CDR	
16:00-16:15	FE-2	Private Family Conference (<i>Ku + S-band</i>)
16:05-16:15	CDR	NUTRITION. Final Stow
17:35-17:50		Private Family Conference (<i>Ku + S-band</i>)
18:15-19:15	FE-1	Physical Exercise (VELO + RED) day 2
18:45-18:55	CDR	ALTEA lockup recovery
18:45-19:15	FE-2	COX maintenance
19:15-20:45	CDR	Physical Exercise (CEVIS)
	FE-2	Physical Exercise (TVIS)
20:45-21:15	.	Evening work prep
21:15-21:30	.	Daily Planning Conference (<i>S-band</i>)
21:30-22:00	.	Evening work prep
22:00-22:30	.	DINNER
22:30-23:00	.	Daily food prep
23:00-00:00	.	Pre-sleep

00:00-08:30	.	SLEEP
Task List	FE-1	MATRYOSHKA-R. Checking sensor data on the reader
		PLANTS-2. Payload status check

Note: See OSTP for references to US activities.

End of Radiogram