

**Crew Off Duty**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-Sleep
06:40-07:30		Breakfast
09:00-10:30	CDR	Physical Exercise – RED
09:58-10:15	FE-1	Private Psychological Conference ( <i>VHF</i> )
10:30-11:30	CDR	Physical Exercise – TVIS
11:30-13:00	FE-1	Physical Exercise – TVIS – Day 4
13:00-14:00	.	Lunch
14:00-14:05	CDR	TVIS, RED, and HRM Data Transfer to MEC
16:45-17:15	FE-1	COX Maintenance
17:15-18:15	FE-1	Physical Exercise (VELO + FL1) – Day 4
18:15-18:45		Review of Next Day's Plan
18:45-19:00	FE-1	Daily Planning Conference ( <i>S-band</i> )
19:00-19:30		Report Prep
19:00-19:21	CDR	
19:21-19:36		Private Family Conference ( <i>Ku+S-band</i> )
19:36-19:45		Report Prep
19:30-20:00	FE-1	Dinner
19:45-20:00	CDR	
20:00-20:30		Food Prep
20:30-21:30		Pre-Sleep
21:30-06:00		Sleep
<b>Task List</b>	FE-1	PLANTS-2. Equipment Monitoring

**Note:** cf. OSTP for missing references to US activities

End of Radiogram