

CREW OFF DUTY

GMT	CREW	ACTIVITY
06:00-06:10	.	Morning inspection
06:10-06:40	.	Post-sleep
06:40-07:30	.	BREAKFAST
07:30-10:30	.	Weekly housekeeping
12:00-13:30	FE-1	Physical Exercise (TVIS) day 2
12:05-12:25	CDR	Education Payload Operations (EPO): procedure review
12:25-12:35	CDR	Education Payload Operations (EPO): USL camcorder installation
12:35-12:52	CDR	Education Payload Operations (EPO): sleep demonstration (<i>Ku+S-band</i>)
12:52-13:02	CDR	Education Payload Operations (EPO): equipment stow
13:35-14:05		Weekly planning conference (<i>S-band</i>)
14:05-15:05		LUNCH
15:30-16:15	CDR	Microbial analysis (T+5) of MAS and SSK samples
16:50-18:20	CDR	Physical Exercise (CEVIS)
17:00-18:00	FE-1	Physical Exercise (BEJO + RED) day 2
18:00-18:30	FE-1	COX maintenance
18:20-19:20	CDR	Physical Exercise (RED)
19:20-19:25	CDR	Transferring TVIS, RED, and HRM data to MEC
19:25-19:30	CDR	O2 and CO2 status check.
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	GCF-JAXA. TBY temperature check
		STATOKONIA. APT temperature check
		URAGAN. Observations and photo imagery
		KROMKA-1. Photography

Note: See OSTP for references to US activities

End of radiogram