



GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
10:30-12:00	CDR	Physical Exercise (RED)
11:30-13:00	FE-1	Physical Exercise (TVIS) day 1
12:00-13:00	CDR	Physical Exercise (CEVIS)
13:00-14:00		LUNCH
14:00-14:05	CDR	TVIS/RED/HRM data transfer to MEC
16:32-16:47		Private family conference ( <i>S + Ku-band</i> )
18:00-18:30	FE-1	COX maintenance
18:30-19:30		Physical Exercise (VELO + Force Loader/cycle 1) day1
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

**Note:** See OSTP for references to US activities

End of radiogram