

GMT	CREW	ACTIVITY
07:40-07:50	CDR,FE-2,FE-1	Morning inspection
07:50-08:20		Post-sleep
08:20-09:10		BREAKFAST
09:10-09:25	FE-2	Transfer List Review
	CDR,FE-1	Work prep
09:25-09:40	CDR,FE-2,FE-1	Daily Planning Conference (<i>S-band</i>)
09:40-11:10	FE-2,FE-1	LAB1S6 CCAA Heat Exchanger Transfer
10:10-13:20	CDR	MPLM transfers
11:10-11:55	FE-1	Filling CWC from Lab Condensate Tank
11:10-14:50	FE-2,STS	MPLM transfers
11:55-12:35	FE-1	
12:35-12:50	FE-1,STS	Transfer EMUs to ISS
12:50-14:20	FE-1	Physical Exercise (CEVIS)
13:20-14:50	CDR	Physical Exercise (TVIS), day 1
14:20-14:50	FE-1,STS	SAFER Test
14:50-15:50	CDR,FE-2,FE-1	LUNCH
15:50-16:30	.	Crew conference (<i>S-band</i>)
16:30-16:50		Crew photo
16:50-17:00	FE-1	CWC audit
16:50-17:20	CDR	MPLM transfers
16:50-17:40	FE-2	MPLM transfers
17:00-17:45	FE-1	
17:20-17:40	CDR	IMS update
17:40-18:40		Physical Exercise (VELO+Force Loader/Cycle 1) day 1
17:45-18:45	FE-1	Physical Exercise (RED)
17:50-18:05	FE-2	Private Medical Conference (<i>S+Ku-band</i>)
18:10-18:25	FE-2,STS	Transfer tagup (<i>S-band</i>)
18:25-18:40	FE-2	Transfer briefing
18:40-19:20		Fungal infections, Immunity, Tumors (FIT)
18:40-19:10	CDR	COX maintenance
18:45-18:50	FE-1	Transferring TVIS, RED, and HRM data to MEC
18:50-19:05		Questionnaire - journal entry (FE-1)
19:05-19:35		Evening work prep
19:10-19:35	CDR	
19:20-19:35	FE-2	
19:35-19:50	CDR,FE-2,FE-1	Daily Planning Conference (<i>S-band</i>)
19:50-20:10		Evening work prep
20:10-20:40		DINNER
20:40-21:10		Daily Food Prep
21:10-21:25	FE-1	Pre-sleep
21:10-22:10	CDR,FE-2	

21:25-21:45	FE-1	Private Family Conference (<i>S+Ku-band</i>)
21:45-22:10		Pre-sleep
22:10-06:40	CDR,FE-2,FE-1	SLEEP

Note. See OSTP for references to US activities.
End of Radiogram