

CREW OFF-DUTY DAY

GMT	CREW	ACTIVITY
06:00-06:10		Morning inspection
06:10-06:40		Post-sleep
06:40-07:25	FE-1	BREAKFAST
06:40-07:30	CDR, FE-1	
07:25-07:30	FE-1	PLANTS-2. Equipment monitoring
07:30-10:30		Weekly station cleanup
10:30-10:35	FE-2	CO2 level reading using carbon dioxide monitor
10:30-11:30	FE-1	Physical exercise (VELO + Load Trainer 1), day 3
11:30-12:30	CDR	Physical exercise (CEVIS)
12:00-12:15	FE-1	Micropurification unit absorbent bed Φ 1 regen. (term)
12:15-12:20		HAM radio equipment check-out
12:30-13:30		LUNCH
13:30-13:45	FE-1	Micropurification unit absorbent bed Φ 2 regen. (init)
14:00-14:30		Daily planning conference (<i>S-band</i>)
15:00-16:30	CDR	Physical exercise (RED)
15:30-17:00	FE-1	Physical exercise (TVIS), day 3
16:00-16:05	FE-2	IMS auto import/export
16:20-17:00		COX maintenance
16:57-17:02	CDR	Prep for HAM radio session
17:02-17:12		HAM radio session
17:00-18:00	FE-2	Physical exercise (CEVIS)
18:00-19:30		Physical exercise (RED)
19:00-19:10	CDR	Payload status check
19:10-19:30		ZCG furnace – heaters deactivation
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

See OSTP for references to US activities

End of radiogram