

Crew's Off Time

TIME	CREW	ACTIVITY / procedure or R/G
06:00 - 06:10	.	Morning inspection
06:10 - 06:40	.	Post-sleep
06:40 - 07:30	.	Breakfast
08:00 - 08:15	.	Daily planning conference
08:15 - 10:15	.	Weekly housekeeping / Med Ops/ vol. 1/ par.2.2.1/page 2-2
10:15 - 10:40	FE-2	LAB Payload Status Check/ Daily Status Check Matrix: Daily Status Check Matrix
10:15 - 11:45	FE -1	EXERCISE - RED
10:15 - 11:45	CDR	EXERCISE - TVIS
10:40 - 11:40	FE -2	EXERCISE - CEVIS
11:50 - 12:50	.	LUNCH
12:50 - 13:05	.	A/G IMS conference via S-band
13:05 - 13:35	.	Weekly planning conference
13:40 - 16:40	FE -1, FE -2	Robotics Operations
16:00 - 17:00	CDR	EXERCISE - CYCLO+IRED
17:00 - 18:30	FE -2	EXERCISE - RED
17:15 - 18:15	FE -1	EXERCISE - TVIS
18:30 - 19:10	FE -1	??? Maintenance per MCC's instructions (CWC replacement for Electron, EDV-U (urine) and EDV-SV (flush water) replacement)
19:15 - 19:30	.	Daily planning conference
19:30 - 20:00	.	Dinner
20:00 - 20:30	.	Daily food ration prep
20:30 - 21:30	.	Pre-sleep
21:30 - 06:00	.	SLEEP

End of Radiogram