

**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
11:00-12:00	CDR	Physical Exercise (TVIS) – day 4
11:30-11:45	FE-1	ISSI experiment hardware battery checkout
11:45-12:15		ISSI OBT
12:00-12:30	CDR	Physical Exercise (RED)
12:15-12:30	FE-1	ISSI experiment conference
12:30-13:30	.	LUNCH
13:30-13:40	FE-1	Carbon dioxide level monitoring
13:40-13:45		EXPRESS rack 2: power down
13:45-14:15	.	Weekly planning conference ( <i>S-band</i> )
14:15-14:45	FE-1	ISSI experiment setup
15:00-16:30		ISSI - test 1
16:30-18:00		Physical Exercise (RED)
17:15-18:15	CDR	Physical Exercise (VELO + Force Loader/cycle 1) day 4
18:00-19:00	FE-1	Physical Exercise (CEVIS)
18:15-18:45	CDR	COX maintenance
19:00-19:15	FE-1	Questionnaire: journal entry
19:15-19:30		ISSI hardware stowage
19:15-19:30	CDR	Questionnaire: journal entry
19:30-20:00		DINNER
20:00-20:30		Daily food prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP
<b>Task List</b>	CDR	PULSE: Experiment ops (in the morning before Physical Exercise)
		Medical Support Items audit

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

End of Radiogram