

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
09:00–09:05	FE-2	Calldown of ?? counter data
09:05–09:10		Calldown of ??? water supply data
09:10–10:10		Physical exercise (TVIS / active rest)
09:30–10:10	CDR	Maintenance of ???
10:10–11:10		Physical exercise (TVIS / active rest)
11:30–12:30		LUNCH
12:35–12:45	FE-1	Daily payload status check
12:45–13:00		Private family conference (<i>S-band</i>)
13:40–13:55		Private psychological conference (<i>S-band</i>)
14:00–15:30	CDR	Physical exercise (VELO+RED / active rest)
15:30–17:00	FE-1	Physical exercise (RED)
16:30–18:00	FE-2	Physical exercise (VELO+RED / active rest)
17:00–18:00	FE-1	Physical exercise (TVIS)
18:00–18:30		Daily plan review
18:30–18:45		Daily planning conference (<i>S-band</i>)
19:00–19:30		Prep for work
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Notes:

1. See OSTP for references to US activities
2. Task List activities: URAGAN Earth Observations per r/g 3826u, DIATOMEA Ocean Observations per r/g 3828u, HDTV Earth Observations per r/g 3829u

End of radiogram