

CREW OFF DUTY

GMT	CREW	ACTIVITY
08:00-08:10		Morning inspection
08:10-08:40		Post-sleep
08:40-09:30		BREAKFAST
11:00-12:30	CDR	Physical Exercise (TVIS), Day 3
12:25-12:30	FE-1	Cryogem-03M Thermostat Temperature Check
12:30-14:00	FE-1	Physical Exercise (TVIS), Day 3
13:00-14:00	FE-2	Physical Exercise (RED)
14:00-15:00		LUNCH
15:00-16:00	FE-2	US EVA Tool Stowage Ops
16:25-16:30	FE-2	Payload status check
16:30-18:00	FE-2	Physical Exercise (CEVIS)
16:30-17:30	CDR	Physical Exercise (VELO+RED) day 3
17:20-18:20	FE-1	Physical Exercise (VELO+RED) day 3
17:30-18:10	CDR	COX maintenance.
18:05-18:20	FE-2	Questionnaire - journal entry
18:20-18:25	FE-2	Transfer TVIS/RED/CEVIS/HRM data to MEC
18:25-18:35	FE-2	End METOX regeneration
18:35-18:45	FE-2	Begin METOX regeneration
19:30-20:00		DINNER
20:00-20:30	FE-2	Daily Food Prep
20:00-20:30	CDR,FE-1	Daily Food Prep
20:30-21:30	CDR,FE-1	Pre-sleep
20:30-21:30	FE-2	Pre-sleep
21:30-06:00		SLEEP

Note: See OSTP for references to US activities.

End of Radiogram